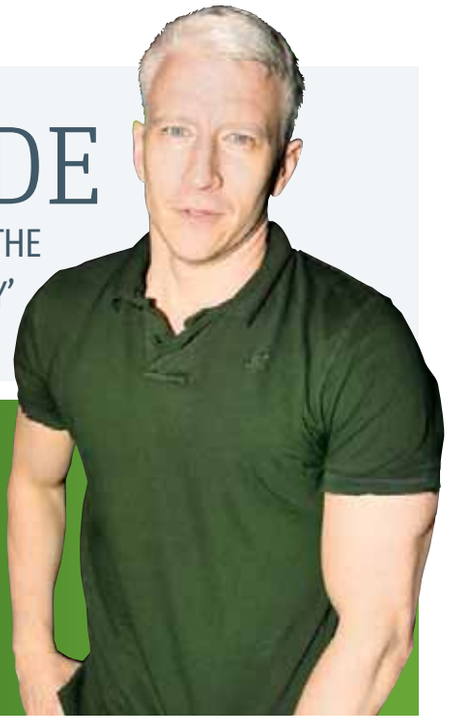
NOTHING TO HIDE

CNN ANCHOR ANDERSON COOPER COMES OUT TO THE WORLD IN AN INTERNET POST: 'THE FACT IS, I'M GAY'

PAGE 10



OTTAWA metro®

Tuesday, July 3, 2012

News worth sharing.

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'I TRIED THE BEST I COULD'

Emotion plays across the face of Patrick Papineau as he describes trying to save one of two men who drowned in the Ottawa River on Saturday night. Story, page 3. JESSICA SMITH/METRO

Fires displace 12 in Ottawa

A dozen people have been forced from their homes after two separate fires over the long weekend

PAGE 3

Two Canadians among rescued aid workers

Convoy was attacked last Friday in Kenya

PAGE 4

NHL's most wanted still at large

Former New Jersey Devil Zach Parise is among holdouts who haven't decided which team to sign with PAGE 20

Think you could be an Olympic athlete?

Doctor breaks down the science in explaining why athletes are above average PAGE 14

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Two believed drowned in Ottawa River, would-be rescuer left shaken

Tragedy. Police say victims were likely surprised by sudden drop in river bed

JESSICA SMITH
jessica.smith@metronews.ca

Patrick Papineau dove into the Ottawa River on Saturday night hoping to save a drowning man, but he said when the man pushed him under, he swam back alone to save his own life.

Two men, 21 and 26, were drowning when Papineau, 22, jumped in.

Papineau returned to the river Monday after police found one body.

"I just wanted to know if there was any closure," he said as police continued to search for the second man. "I wanted to clear my mind about it."

The two victims were walking in the river near the Deschênes Rapids around 11:30 p.m. Saturday when they went too far out and couldn't get back to shore, said acting police inspector John McGetrick.

"It's two feet (deep) for a considerable distance and then it drops suddenly and they fell in," he said.

Papineau was walking along the bike path by the Ottawa River near Richmond Road with a friend when two young people screamed at them for help, he said.

As his friend called 911, Papineau dove into the river and found one of the two drowning men, he said.

"I grabbed his shirt, saying, 'Hold on, I'm right next to you. I'll get you back to shore,'" Papineau said.

"He turned around and practically jumped on me. He pushed me underwater. Then I had to disengage and remove him from me and swim back to shore because I was practically drowning myself."

From shore, he tried to yell at the man to keep in contact with him until emergency crews arrived, he said.

"The family were sitting there crying and yelling for help," he said. "I told them I'm sorry, I tried the best I could."

Follow Jessica Smith on Twitter @jessiecatherine

Range of medical issues

Busy Canada Day for emergency workers

Ottawa paramedics received 124 calls on Canada Day from the downtown core.

Most were treated on site though 19 cases required further treatment at a hospital. Medical problems ranged from minor cuts to respiratory and cardiac emergencies.

Nine people in total were arrested in relation to Canada Day festivities for non-criminal charges.

In Kanata, people were generally well behaved says Staff Sgt. Kevin McCaffery. Only one firecracker was confiscated.

NOURAN ABDELLATIF/FOR METRO

Officials investigating. Weekend fires displace 12

Two separate fires in the city left 12 people displaced over the long weekend.

Firefighters responded to a fire at 9:15 a.m. Monday at 850 Kingsmere Ave.

Fire officials believe the blaze started in the kitchen, but are still investigating. The house was empty except for a dog, which was let out by a passerby.

The residents, a mother and her six-year-old son, have been left homeless. Damage is estimated at $450,000.

A fire at 52 Ashpark Cres. displaced 10 people Sunday night.

The fire started in the rear deck and spread to the attic.

All residents in the row of townhouses were evacuated. Only residents of the last two units have not been able to return.

About 10 to 11 trucks were on the scene. Damage is estimated at 400,000 to unit 52, and $75,000 to the neighbouring unit.

The cause is being investigated.

NOURAN ABDELLATIF/FOR METRO

Sunday's fire

$475K

Damage in the Ashpark Crescent townhouse fire is estimated at 400,000 to unit 52, and $75,000 to the neighbouring unit.

Look waaaaaay up.... Bluesfest gets ready to rock

Crews were busy setting up stages, snack tents and drinking-water fountains for Bluesfest at LeBreton Flats on Monday. The 12-day festival starts Wednesday. Superstar DJ Tiësto will be headlining on the main stage at 9 p.m., and British folk/punk icon Billy Bragg will headline the Black Sheep stage at 9:15. For the full lineup and to buy tickets go to ottawabluesfest.ca.

JESSICA SMITH/METRO

1 NEWS

On the web

Record settlement in health-care-fraud case

GlaxoSmithKline LLC will pay $3 billion US and plead guilty to promoting two popular drugs for unapproved uses in the largest health-care-fraud settlement in U.S. history, the Justice Department said Monday. Go to metronews.ca to read the full story.

Mobile news

Next Media Animation, which first leapt to the world's attention with a cartoon version of Elin Nordegren going after Tiger Woods with a golf club, has just released a one-minute film illustrating BlackBerry maker RIM's troubles. Scan the code to watch the video and read the full story.

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Dismemberment case

Found remains could be linked to Magnotta

Montreal police are investigating whether remains found in a city park are linked to alleged killer Luka Rocco Magnotta.

A police source told The Associated Press the remains appear to be a human head.

Magnotta, 29, is accused of the murder and dismemberment of Concordia University student Jun Lin. He has pleaded not guilty and has opted for a trial in front of a jury.

Lin's torso was discovered stuffed in a suitcase behind Magnotta's apartment building in late May. His hands and feet were mailed to political parties in Ottawa and two B.C. schools.

His head has still not been found.

Montreal police spokeswoman Anie Lemieux says tests will be run on the remains to determine if they are in fact body parts and whether they're related to the Magnotta case.

THE CANADIAN PRESS

Kidnapped aid workers rescued by Somali militia

Ambushed. Norwegian Refugee Council workers' convoy was attacked by gunmen

Four aid workers, including two Canadians, kidnapped at gunpoint from Kenya's largest refugee camp arrived back in Kenya's capital aboard a military helicopter on Monday after a pro-government Somali militia group rescued the four inside Somalia.

"We are alive and we are happy this has ended," Qurat-Ul-Ain Sadazai of Gatineau, Que., one of the Canadian workers, said after the group landed in Nairobi.

The four workers from the Norwegian Refugee Council smiled and waved after stepping out of the helicopter.

Among them was Steven Dennis of Toronto, the agency's head of operations in Kenya's sprawling Dadaab refugee camp.

Sadazai and Dennis, along with Astrid Sehl, 33, and Glenn Costes, 40, were lucky to be alive. Their Kenyan driver, Abdi Ali, was killed when four gunmen attacked their two-vehicle convoy on Friday.

A representative with the Ras Kamboni militia in Somalia said his group heard of Friday's attack and pursued the kidnappers. Ras Kamboni fighters caught up with the gunmen on Monday morning, about 60 kilometres inside Somalia.

THE ASSOCIATED PRESS

Bad decision?

- A Kenyan police commander said the aid group originally arranged to have armed security but that the group cancelled the security arrangements at the last minute.
- "Convoys which have these armed escorts ... (are) more likely to be attacked by roadside bombs," said an NRC spokesman.

Released aid workers Qurat-Ul-Ain Sadazai, 38, a Quebec citizen of Pakistani origin; Glenn Costes of the Philippines, 40; Steven Dennis of Toronto, 37; and Astrid Sehl of Norway, 33, arrive in Nairobi, Kenya, on Monday. SAYYID AZIM/THE ASSOCIATED PRESS

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Jehovah's Witnesses told to pay in sex-abuse case

Candace Conti says the abuse began when she was nine years old, distributing Bibles door to door with a fellow congregant; a hulking, loud man named Jonathan Kendrick.

It was the mid-1990s in Fremont, Calif. Conti's parents were having marital problems, her mother was sick and distracted. So the little girl found family in her tight-knit Jehovah's Witness congregation — and Kendrick found a victim.

For two years, Conti says, the man repeatedly molested her at religious gatherings, most frequently when she went out with Kendrick to proselytize. When he hugged her, she was afraid of being crushed.

"I was very scared," Conti, now 26, told Torstar News Service from California.

She later learned she was not Kendrick's first victim and sued the Watchtower Bible and Tract Society of New York — the corporation that oversees the Jehovah's Witnesses — alleging that church leaders, called elders, knew Kendrick had previously abused another girl and did nothing to protect her.

Her lawsuit alleged the church allowed her molestation and even had a policy, dating to 1989, that instructed elders to keep accusations of child sex abuse secret.

Ex-Jehovah's Witness

"This will cause many people to have nothing to do with them, and many people within the movement to question what's going on."

James Penton, university professor and former member of the Jehovah's Witnesses

In a landmark ruling in mid-June, a California jury sided with Conti, ordering the Watchtower to pay nearly $25 million in damages and Kendrick to pay over $3 million.

"This was about telling the Watchtower ... that they gotta change. They're the last ones to be keeping this secret," said Rick Simons, Conti's lawyer.

While sex-abuse cases involving the Catholic Church have garnered extensive public attention in recent years, Conti's case shines a spotlight on sexual abuse within Jehovah's Witnesses congregations.

It specifically addresses allegations of extreme secrecy: of church elders hushing victims, of children having to come up with witnesses to their abuse, of victims being made to publicly confront their abusers.

The Watchtower's defeat in court could lead to more lawsuits, possibly even in Canada, where there are more than 110,000 practising Jehovah's Witnesses and numerous former members.

TORSTAR NEWS SERVICE

Statement

The Watchtower did not return a request for comment from Torstar News Service. But Jim McCabe, a lawyer for the organization, said in a statement following the Conti verdict that Jehovah's Witnesses "respectfully disagree with the jury's decision."

- "This is the first time that an organization was found responsible for the alleged misdeeds of a member who held no position of leadership or authority," the statement said. "We are very sorry for whatever harm this young lady may have suffered. However, the organization is not responsible."
- Jehovah's Witnesses, it added, "abhor child abuse and strive to protect children from such acts."

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U.S. East still reeling

Mid-Atlantic region. After suffering through a sweltering weekend, millions must cope with transportation delays, difficulties

U.S. Postal Service letter carrier Giovanny Alvarez delivers mail on Monday to a house damaged by an uprooted tree after a storm in Washington, D.C. Severe weather has been blamed for at least 17 deaths. EVAN VUCCI/THE ASSOCIATED PRESS

A weekend without electricity was already trying for millions in the sweltering, storm-swept U.S. mid-Atlantic region. But Monday morning brings another challenge when many embark on a difficult commute over roads with darkened stoplights and likely mass-transit delays.

To alleviate congestion around Baltimore and Washington, federal and state officials gave many workers the option of staying home Monday. Federal agencies will be open in Washington, but non-emergency employees have the option of taking leave or working from home. Maryland's governor also gave state workers leeway for staying out of the office.

There were more than 500 signal outages in Maryland on Sunday afternoon, including more than 400 in Montgomery County, according to the State Highway Administration. There were 100 signal outages in northern Virginia late Sunday afternoon, and 65 roads were closed, although most were secondary roads.

"If you have to drive or need to drive, leave yourself a lot of extra time," Maryland Highway Administration spokesman Charlie Gischlar said. "There's going to be delays."

As of late Sunday, nearly 2.7 million people remained without power in several states from Virginia to New Jersey and as far west as Ohio. That left many to contend with stifling homes and spoiled food, and utility officials said the power will likely be out for several more days. Since Friday, severe weather has been blamed for at least 17 deaths, most from trees falling on homes and cars. THE ASSOCIATED PRESS

Monsoon-soaked region in despair

The worst monsoon floods in a decade to hit a remote northeastern Indian state have killed more than 80 people and forced around two million to leave their homes, officials said Monday.

Nearly half a million people are living in relief camps that have been set up across Assam state, Prime Minister Manmohan Singh told journalists in Gauhati, Assam's capital. The rest of the two million displaced have moved in with relatives or are living in the open, sheltering under tarpaulin sheets.

Assam officials say 81 people have been killed over four days. Most of them were swept away when the Brahmaputra River overflowed its banks and flooded villages. Sixteen people were buried in landslides.

At least 11 people were missing in six districts, the state disaster-management agency said in its bulletin.

Air-force helicopters were dropping food packets and drinking water to marooned people, Singh said after surveying the flood-hit districts. THE ASSOCIATED PRESS

A family rows past their house in India's Assam state Monday after monsoons left much of the area deeply flooded. ANUPAM NATH/THE ASSOCIATED PRESS

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Scientists to make case for existence of 'God particle'

Higgs boson particle. Presentation of findings comes with not-so-modest promise of helping explain how universe works

Scientists believe the "God particle," which might explain the underpinnings of the universe is real and they are about to present their evidence to the world.

Working at the world's biggest atom smasher on the Swiss-French border, they plan to announce Wednesday that they have gathered enough evidence to show that the long-sought "God particle" answering fundamental questions about the universe almost certainly does exist.

But after decades of work and billions of dollars spent, researchers at the European Organization for Nuclear Research, or CERN, aren't quite ready to say they've "discovered" the particle.

This wall painting shows what a Higgs boson might look like. It's at the CERN site near Geneva. THE ASSOCIATED PRESS

The discovery of the Higgs boson won't change people's lives, but will help explain how the universe works.

It would confirm the standard model of physics that explains why fundamental particles have mass. Those particles are the building blocks of the universe. Mass is a trait that combines with gravity to give an object weight.

The phrase "God particle," coined by Nobel Prize-winning physicist Leon Lederman, is used by laymen more as an explanation for how the wonders of the subatomic universe work than how it all started.

Experts familiar with the research at CERN's vast complex say that the massive data they have obtained will essentially show the footprint of the key particle known as the Higgs boson — all but proving it exists — but doesn't allow them to say it has actually been glimpsed. Two teams of physicists present their work Wednesday. THE ASSOCIATED PRESS

Soon all this will be yours, Chuck

Prince Charles looks at postcards on sale during a visit to Heartlands Community Regeneration Project in Truro, southwest England, on Monday. The Prince of Wales is celebrating 60 years as the Duke of Cornwall. CHRIS JACKSON/THE ASSOCIATED PRESS

Necrotizing fasciitis

Victim of flesh-eating disease wants graduation

An American woman with a rare, flesh-eating disease left hospital Monday after nearly two months and headed to an inpatient rehabilitation clinic.

There she'll learn to move after having her left leg, right foot and both hands amputated.

Aimee Copeland, 24, a graduate student in psychology, was diagnosed with the infection after she suffered a deep cut on May 1.

Copeland's goal is to graduate from the University of West Georgia. THE ASSOCIATED PRESS

OK to own exotic pets

Kangaroo escapes

Startled drivers weren't seeing things — it really was a kangaroo hopping down the highway in Washington state. Its owner tracked it down and caught it. He also has a zebra. The man lives in a part of the state where it's legal to own exotic pets. THE ASSOCIATED PRESS

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‘Robin Hood’ tax scheme continues to gather support

Taking from the rich. Campaign calls for a tax on all stocks, bonds, derivatives and currency trades

With actor Mark Ruffalo and Coldplay’s Chris Martin recently publicly backing it, the Robin Hood Tax campaign is gaining steam.

The campaign began in the United Kingdom in 2009 and has seen a growing wave of support from grassroots organizations, activists, unions, politicians and economists in 14 countries, including Canada.

The campaign calls for the adoption of a financial transaction tax on all stocks, bonds, derivatives and currency trades. The tax would be set at between 0.5 and 0.005 per cent, depending on what’s being traded, explains Charles Idelson, a spokesperson for the U.S. campaign.

“We’re calling for taxing banks and financial institutions that have caused the economic crisis,” Idelson said.

“This tax could raise hundreds of billions of dollars every year on the trades done in the U.S. alone.”

The Canadian Federation of Nurses Union’s campaign in support of the Robin Hood Tax began earlier this year after their American counterpart adopted the idea following the 2008 financial crisis.

The nurses’ union is hoping the federal government will take a look at implementing a Robin Hood Tax here as well, although so far the Harper government has said it wouldn’t favour such a move.

The money could go a long way to improving the quality of life for many Canadians, said Linda Silas, president of the Canadian Federation of Nurses Union. Silas said that in the coming months more organizations will be asking for the tax in federal budget consultations. **TORSTAR NEWS SERVICE**

Innovative idea

The idea for the tax is based on Nobel Prize-winning American economist James Tobin’s work, said Simon Chouffot, a spokesperson for the Robin Hood Tax campaign in the U.K.

- The idea was first popularized in the 1990s after the Asian financial crisis, Chouffot said.
- But after the financial crisis in 2008, which triggered a global recession, it really took hold among groups in Europe.

Exxon Valdez’s final journey

The ship formerly known as the Exxon Valdez, pictured above anchored off India’s western coast near the Alang ship-breaking yard in Gujarat on Saturday, may finally be able to sail off into the sunset. Now known as the Oriental Nicety, the ship has been given permission to enter India. India’s Supreme Court had earlier banned the vessel that dumped more than 40 million litres of crude oil into Alaska’s Prince William Sound in 1989 from entering the country for dismantling until it has been decontaminated. THE ASSOCIATED PRESS

Market Minute

DOLLAR (Markets closed)

Natural gas: $2,81 US (-1.7¢)
Dow Jones: 12,871.39 (-8.7)

TSX (Markets closed)

OIL $83.75 US (-$1.21)

GOLD $1,597.70 (-$6.50)

Luxury at sea

QE 2’s new role

Dubai has settled on a use for the storied Queen Elizabeth 2 cruise liner it bought for $100 million, with plans to make it into a floating 300-room hotel at the city’s Port Rashid. **THE ASSOCIATED PRESS**

Mining. Lithium surge challenging green rules

Canada’s environmental regulations have lagged behind the global rush to develop deposits of lithium, a rare metal found in the rechargeable batteries that power millions of iPads, smartphones and laptops, says a new report commissioned by Environment Canada.

The recent surge in lithium exploration, driven by a consumer electronics explosion and limited world supplies, includes several companies developing Canadian sites.

But Canada has little historical experience of lithium extraction, and existing environmental regulations are not well tailored to the burgeoning industry. **THE CANADIAN PRESS**

Nanophospate lithium batteries
THE CANADIAN PRESS

Taco Bell. Hoax prompts free tacos in Alaska town

Residents of Bethel, Alaska, were ecstatic when they first heard a Taco Bell restaurant was opening in their small town.

The joy, however, turned into disappointment. The flyers announcing the chain’s arrival was a hoax — the result, police say, of a feud between two residents.

But all was not lost — Taco Bell executives learned of the mixup and arranged an enormous feast for Sunday. They planned to fly enough ingredients in from Anchorage to make 10,000 tacos.

“It’ll be a big event for our community,” Mayor Joe Klejka said.

Taco Bell will offer its fare for free. There will be 950 pounds of seasoned beef, 300 pounds of lettuce, 150 pounds of cheddar cheese, 500 pounds of sour cream and 300 pounds of tomatoes.

The chain is accustomed to feeding large groups of people in far-flung places, including U.S. troops in Afghanistan and Iraq. **THE ASSOCIATED PRESS**

China. Apple pays $60M to settle iPad dispute

Apple has paid $60 million US to settle a dispute in China over ownership of the iPad name, a court announced Monday, removing a potential obstacle to sales of the popular tablet computer in the key Chinese market.

Apple’s dispute with Shenzhen Proview Technology highlighted the possible pitfalls for global companies in China’s infant trademark system. It also posed a challenge for the communist government, which wants to attract tech investors to develop China’s economy.

Rights resolution

“This is a result that is acceptable to both sides.”

Xie Xianghui, a lawyer for Shenzhen Proview, on the settlement of a dispute between the company and tech giant Apple

Apple says it bought the global rights to the iPad name from Proview in 2009 but Chinese authorities said the rights in China were never transferred. **THE ASSOCIATED PRESS**

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Agency directs airlines to offer more options

Passengers on Canada’s major airlines will soon have more options when their flights are overbooked, delayed or cancelled.

The decision by the Canadian Transportation Agency affects Air Canada, WestJet and Air Transat.

It says passengers should be allowed to opt for a full refund and a free trip home if a cancellation or overbooking throws a wrench into their travel plans.

Until now, airlines have had discretion over whether to grant a refund or rebook passengers.

The agency also says that in certain cases carriers must rebook passengers on the first available flight — even if that flight is with a competing airline.

The rulings are in response to complaints filed by GDabor LukDacs, a Halifax resident, who has taken on the airline industry several times.

In a news release Thursday, the agency noted that in the past, when refunds were warranted, passengers were only reimbursed for the unused portion of their tickets.

The ruling makes it clear that passengers will be able to choose whether they are rebooked or get a full refund.

If they no longer want to follow through with their travel plans because of a delay or cancellation, they are entitled to be flown home free of charge — within a “reasonable time frame” — and receive a full refund on their ticket.

The new regulations do not apply to disruptions caused by bad weather or security issues.

LukDacs, 29, who used to teach at the University of Manitoba, has developed a reputation as a crusader for the rights of airline passengers. **THE CANADIAN PRESS**

Policy changes

The agency noted that WestJet and Air Transat have made changes to their policies that meet most of the updated passenger rights.

- It is directing Air Canada to change its rules on overbooking, cancelling and delaying flights. Air Canada has until Aug. 12 to comply.
- The three airlines have 30 days to appeal the new rules.

U.S.A. VERSUS THE LAND OF 'EH'

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I'm a dual citizen of both Canada and America, so the first week of July is a pretty festive time. I like to think that having two passports gives me the right to continue the patriotic celebrations from Canada Day through to the Fourth of July.

Many American's don't really care too much about what goes on across the border, possibly because they're too busy chanting "USA No. 1" as they spoon-feed themselves ranch dressing. And when they do think about us Canadians they're usually smirking.

The concept of "Canadian football" tends to elicit eye rolling, and Steve Martin famously mocked Toronto on an episode of 30 Rock as "New York without all the stuff in it."

Duelling citizenship

"But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities."

And, yes, the beaver is a pretty laughable national animal when compared to the far more majestic eagle; and, yes, the names of our coins suggest badly drawn cartoon characters. Loonie and toonie? Come on.

Our taxes are higher, our Netflix options are abysmal and our telecommunications monopolies have a stranglehold on our mobile-dependent citizens with their high fees.

But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities.

Here are 10 of my favourite ways in which the Great White North kicks the Land of the Free's ass (sorry to brag, it's the American in me):

1 Two words: American beer. Here in Canada, we generally don't like to dilute our beer with water. We also earn money when we recycle those bottles of stronger brew, so, really, that's two points for Canada.

2 Who cares what Microsoft Word has to say. Adding a "u" to words like "colour" and "favourite" is classier.

3 In this bilingual country, it's entirely possible to teach yourself a new language just by reading a box of cereal.

4 Canada is a constitutional monarchy, which means our lame obsession with the British royal family is somewhat justified. What's your excuse, America?

5 Legalized same-sex marriage.

6 Colour-coded money. Because why on earth would you make your one-dollar bill and your one-hundred-dollar bill look almost identical?

7 Canadians were wearing plaid before it was ironic.

8 Fact: Caesar > Bloody Mary.

9 We have the most patriotic customer-loyalty program: Canadian Tire money. Does Lowes have its own currency? Didn't think so.

10 We invented the electric light bulb, basketball, the telephone, and the greatest guilty-pleasure snack of all time: a heavenly medley of cheese curds, gravy and fries. O Canada indeed.

Dressed in their 'Nunday' best

BRENDAN LANDY/LANDYPHOTO.COM

World-record attempt

Getting into the habit for a good cause

One town in southwest Ireland devoutly found a fun way to promote a serious cause. Listowel in County Kerry saw over 1,400 men, women and children dressed in black-and-white habits to break a Guinness World Record for most "nuns" in one place, an event to raise money for Pieta House, a suicide and self-harm crisis centre. MWN

Numbers in B&W

1,456

The number of people dressed up as nuns who gathered in a Gaelic football field in Listowel on Saturday. They smashed the previous record of 250 achieved at Pinewood Studios, Buckinghamshire, England. The organizing committee initially hoped only 500 would attend. Participants came from as far as Florida and New York.

Nun the worse for wear

- **Seeking release.** "Overall, 'Nunday' was a fun way to release emotions for those who have suffered," event organizer Cora O'Brien, who lost a teenage son to suicide five years ago, told Metro.
- **Dress code sacrosanct.** "We did have to reject a few participants," O'Brien admits. "The dress code had many stipulations, including a need for black-only shoes. The outfits were rigorously checked and people were ticketed as they entered the field."

Spirits, and legs, rise as "nuns" gather to set a world record.
BRENDAN LANDY/LANDYPHOTO.COM

Here's some food for thought: Taste for art can feed another kind of hunger, too

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Get ready to feast your eyes ... and ears.

While art is creation, inspiration and expression, on Sunday, July 22, art is food, too.

The Art is Food charity gala is taking place at the Mill Street Brew Pub and will feature a silent auction of art donated by local artists, a draw and live entertainment by local musicians.

The tastiest part?

All proceeds will go directly to the Ottawa Food Bank.

Event organizer, Yalitsa Riden, says: The food bank "has been a part of my life ever since I was a young girl. I remember going to the grocery store with my mother with bags of perishable items and dropping them into those large bins thinking how strange it was that there were people out there who didn't have this necessity available to them. Anything you contribute (whether it be your time, talents, voice, finances whatever) makes a difference and that is what creates a better, brighter future for everyone."

Local artists, musicians and performers interested in volunteering, e-mail us. Help turn your art into food.

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

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2

SCENE

Box office

A teddy bear's picnic

It's both a bear and bull market for Hollywood. The bear is Ted, Mark Wahlberg and Seth MacFarlane's comedy about a talking teddy bear, which opened as the No. 1 movie with $54.1 million, according to studio estimates Sunday. And the bulls are baring it in Magic Mike, Channing Tatum and Steven Soderbergh's male-stripper tale that debuted a strong No. 2 with $39.2 million.

THE ASSOCIATED PRESS

On the web

Whitney Houston gets tribute from mother at BET Awards; Kanye, Jay-Z, Beyoncé, Brown win two each

Anderson Cooper, normally reluctant to talk about his private life, has come out, saying "I do think visibility is important." TORSTAR ARCHIVE

Cooper: 'I'm gay'

Coming out. CNN journalist says there's value in 'standing up and being counted' in Daily Beast essay

Anderson Cooper, who has been reluctant to talk about his personal life in public, revealed that he is gay in an essay posted online on Monday.

The CNN journalist said he had kept his sexual orientation private for personal and professional reasons, but came to think that remaining silent had given some people a mistaken impression that he was ashamed.

"The fact is, I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself and proud," he wrote in a letter to Andrew Sullivan of the Daily Beast.

Cooper, the son of Gloria Vanderbilt, had long been the subject of rumours about his sexual orientation. He said that in a perfect world, it wouldn't be anyone's business, but that there is value in "standing up and being counted."

"I still consider myself a reserved person and I hope this doesn't mean an end to a small amount of personal space," he wrote. "But I do think visibility is important, more important than preserving my reporter's shield of privacy."

THE ASSOCIATED PRESS

Excerpt

The Daily Beast's Andrew Sullivan asked Anderson Cooper for his thoughts on the topic of the visibility of gay people and what it means for equality. Here's part of Anderson Cooper's response.

- "...I've begun to consider whether the unintended outcomes of maintaining my privacy outweigh personal and professional principle. It's become clear to me that by remaining silent on certain aspects of my personal life for so long, I have given some the mistaken impression that I am trying to hide something — something that makes me uncomfortable, ashamed or even afraid. This is distressing because it is simply not true. I've also been reminded recently that while as a society we are moving toward greater inclusion and equality for all people, the tide of history only advances when people make themselves fully visible. ... The fact is, I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself, and proud."

READ MORE AT THEDAILYBEST.COM

Action

The Amazing Spider-Man

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

It's only been five years since Spider-Man last soared across the silver screen. And that's perhaps this reboot's greatest flaw. Taking over for filmmaker Sam Raimi, relative newcomer Marc Webb largely restores the recognizable origin story about a kid bitten by a radioactive bug, who becomes a web-slinging superhero. In The Amazing Spider-Man however, Webb focuses on back story and succeeds with clever performances from a talented cast. Spidey improves as a livelier, more playful hero, too, but in essence, this web-head is too familiar for true impact.

STEVE GOW

Coliseum Ottawa
Tue-Thu 12:15-3:25-6:35-9:45
3D Tue-Thu 12:45-3:55-7:05-10:15
Tue-Thu 1:15-4:25-7:35-10:45

Empire 7 Cinemas
Tue-Thu 3:30 3D Tue-Thu 12:20-6:20-9:30

Mayfair Theatre
Tue-Thu 7

Rideau Centre Cinemas
Tue-Thu 12:30-7-9:10 Tue-Thu 3:45

South Keys
Tue-Thu 11:45-12:20-2:45-3:30-5:55-6:35-9-9:40 3D Tue-Thu 1-4:10-7:20-10:30

Gatineau

Cinéma des Galeries d'Aylmer
3D Tue-Thu 12:50-3:40-6:50-9:40

Gatineau 9
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3D Tue-Thu 12:45-3:50-7-9:50

SCREEN TIMES CONTINUED ON P. 11

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

So long to Scientology for Suri?

MONICA WEYMOUTH
scene@metronews.ca

We all knew that when Tom Cruise and Katie Holmes divorced, it was going to be a weird one. What we didn't expect was that after five years, Katie would snap out of her dead-behind-the-eyes trance with so much fight left in her.

Before filing for divorce on Thursday, the actress had already rented a separate apartment for herself in New York. Although she does occasionally live in the city, it could have been a strategic move: She's requesting sole custody of six-year-old daughter Suri, which is more likely to be granted in New York than Los Angeles, where joint custody is more popular.

"Katie's primary concern remains, as it always has been, her daughter's best interest," Holmes' lawyer said in a statement Friday.

The "best interest" part is, reportedly, a reference to the Church of Scientology, which Holmes doesn't want Suri raised in.

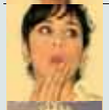
Although a high-profile member of the religion while with Cruise, Holmes is now afraid that she is considered a "threat" to the organization — similar to how Nicole Kidman was shunned after her divorce from Cruise — and is being followed around New York by church authorities, reports TMZ. It's all very creepy, for sure. But if Scientology wants to be respected as a real religion in 2012, it's going to have to start doing much more depraved stuff than stalking Katie Holmes.

Kunis picks web winners for gal pals

You'll find Mila Kunis on online dating sites — but she's not looking for herself (rumour has it, she's canoodling with Ashton Kutcher). "I go on and I pick the guys for my friends," the star of Ted tells Glamour magazine, via Yahoo!'s omg blog. "It's online shopping! We all get together with our laptops and have a glass of wine. Then we message the guy. I'm just very honest and blunt." And she rewrites profiles, too: "I'm really good at 'About Me,'" she says. "I feel like I could never write anything about myself, because that's like a therapy session. But about your girlfriends? You just write what you love about your friends. If I didn't do what I do, I would do Internet dating instead of going out to bars."

Twitter

@nickcannon
My wife is like Wonder Woman! Hours ago she was looking gorgeous on stage in LA and now she is back NY before breakfast. #NCREDIBLE



@SarahKSilverman
My niece was born w congenital jazz hands. (Fosse diseases)

@JudahWorldChamp
72 ounce steaks with mash potatoes and chili is my favorite snack food.

@markhoppus
Paris is a gorgeous city. Every time I'm here I just want to sit at a cafe, smoking coffee and eating cigarettes.

Screen times continued from p. 10

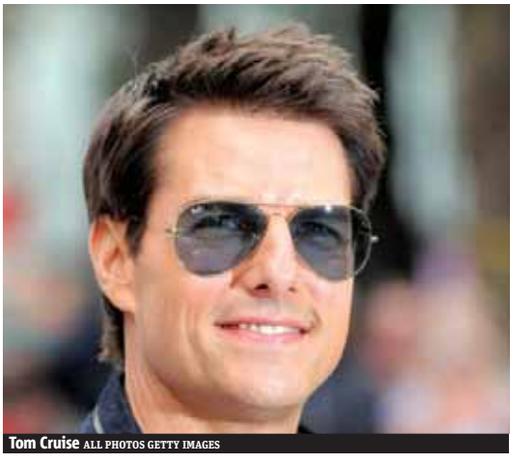
StarCité Hull
Tue-Thu 1:30-4:30-7:30-10:30 3D Tue-Thu 11:30-2:15-5:15-8:15-11:15 Mon 8-11 Tue-Thu 11:15-2-5-8-11

Barrhaven
Barrhaven Cinemas
131 Riocan Dr.
Tue-Thu 12:30-3:40-6:50-10 3D Mon 8-11:05 Tue-Thu 1-4:10-7:20-10:30

Gloucester
SilverCity
2385 City Park Dr.
Mon 9:30-10:15 Tue-Thu 12-12:30-3:10-3:40-6:20-6:50-9:30-10 3D Mon 8:45 Tue-Thu 1:30-4:40-7:50-11 An IMAX 3D Experience (PG) Mon 8-11:05 Tue-Thu 1-4:10-7:20-10:30

Orleans
Empire Theatres Orleans 6 Cinemas
3752 Innes Rd.
Mon 8 , Tue-Thu 12:15-3:30-6:50-10 , Tue-Thu 7:15-10:30 Brave (PG) , , Fri-Mon 1-3:50-7:15-9:50 , Tue-Thu 1-3:50-7:15-9:45

Kanata
Kanata 24
801 Earl Grey Dr.
Tue-Wed 11:55-1:05-3-4-6:05-7:05-9:05-10:10 The Amazing Spider-Man 3D (PG) Tue-Wed 10:50-12:25-1:55-3:30-5-6:35-8:05-8:35-9:35 An IMAX 3D Experience Tue-Wed 10:25-1:25-4:30-7:35-10:40



Tom Cruise ALL PHOTOS GETTY IMAGES

33 shades of bizarre: Cruise playing numbers game with nuptials?

The next dame Cruise decides to date might want to double-check her birth certificate.

The web was crazier than a Thetan gone mad this weekend over the impending divorce of Tom Cruise and Katie Holmes, but PerezHilton.com picked up on a particularly odd pattern in Tom Cruise's romantic history.

"All three of Tom Cruise's marriages have ended when the wives were 33.

He wed MiMi Rogers in May of 1987, but they broke up in 1990… when she was 33.

Then he moved on with Nicole Kidman. They were happy for 10 years but guess what! They split when she was 33 too! And now, just a day after her divorce announcement, Katie Holmes has 33 years under her belt. Katie collects 3 million for each year of marriage, up to a maximum of 11 years, equaling $33M (we're back to that 33 numerology again)."

"IT'S THE BEST SPIDER-MAN YET.
A BRILLIANT REIMAGINING
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I CAN'T WAIT TO SEE IT AGAIN."
MARLOW STERN
Newsweek
THE AMAZING SPIDER-MAN
COLUMBIA PICTURES PRESENTS A MARVEL ENTERTAINMENT/LAURA ZISKIN/AVI ARAD/MATT TOLMACH PRODUCTION "THE AMAZING SPIDER-MAN" ANDREW GARFIELD EMMA STONE RHYS IFANS DENIS LEARY CAMPBELL SCOTT IRRFAN KHAN WITH MARTIN SHEEN AND SALLY FIELD
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3 LIFE

Fitness pick

Futuristic sports vests

Electric Foxy's Move vest is every fitness fanatics dream item of clothing. The new-age technology garment is designed to alleviate incorrect physical movement, promising optimal precision and positioning in sports such as yoga, pilates, golf and baseball, for which posture and fluidity of movement is key. How is this possible? The garment analyzes your movements and if you are doing them incorrectly, sends you real-time feedback – a subtle nudge – at the point where the adjustment is needed. Unfortunately, it's still at the prototype phase so until then, an old T-shirt will do. METRO

On the Web

Addressing mental health issues key when treating obesity, experts say

Have you got what it takes to be an Olympic athlete?

How can you know if you have what it takes to be an Olympic star if you've never tried? Metro talks to Dr. Marco Cardinale, head of sports science and research of the British Olympic Association, to find out why athletes are above average. ROMINA MCGUINNESS

1 First, pair your body with sport

"There are 26 sports in the summer Olympics so there isn't a standard 'body type,'" says Cardinale. "Each sport suits a body. If you think about the differences between a boxer and a runner you realize how different bodies can be successful in sport. While this means that potentially everyone can become an Olympic athlete, it's not that easy. Olympians are the result of years of dedication to grueling training regimes combined with talent and the ability to learn and develop. Being tall does not guarantee you a place in the volleyball team, unless you have skill."

2 Focus comes with a clear mind

"What separates Olympic athletes from the rest of us is their mind set and dedication. This requires hours of training and a deep desire to understand what it takes to win. Medal winners are the ones that learn faster and more than their opposition. You need to be determined to succeed, with an obsession for detail and improvement. It's a tough life. Athletes experience the highs of wins and the lows of losses as well as setbacks with injuries. You can't survive without the ability to deal with adversity and remain optimistic as success only comes after years of practice."

3 Ouch: learn to stay injury-free

"Being fit for purpose reduces the risks of injury. A good control of training progression can help as most of the time an injury is the result of wrong training loading patterns that puts the body under too much stress. For us normal people not pursuing Olympic success, general fitness is a good way to avoid injuries..."

4 Your stomach doesn't like junk

"Athletes should always watch what they eat in order to make sure their nutrition is appropriate for the demands of their sports, the training schedules and their body types. In weight category sports such as boxing or judo, where weight is an issue, athletes control their diets in order to make sure they can compete. In many other sports, nutrition is important not only to make sure body mass is appropriate for each athlete, but also to be able to improve performance by using appropriate timings of macro- and micro-nutrients intake."

5 Calories in = calories out

"A balanced diet is the secret to a healthy lifestyle. Avoid the unnecessary intake of calories and control your intake of macro-nutrients. We live in a society exposed to carbohydrates and processed sugars, both of which we eat too much of. If someone is overweight, it's often the result of poor food choices in terms of quantity and quality. These are the kind of things to be mindful of. Diet is only part of the equation. Exercise is the most important."

Athlete Q+A

Metro speaks to British artistic gymnast and Olympic hopeful, Louis Smith

RICHARD PECKETT
richard.peckett@metro.lu

DEALING WITH STRESS

"You can't really control your nerves. You can prepare yourself to be in the best mental state. Nerves are what I thrive on. I love the adrenaline rush. I would get bored without it. On the other hand, when you're on the pommel horse, you shouldn't let the adrenaline affect you. If I'm nervous, I listen to reggae. Competitions can be very daunting. It's all down to those 50 seconds..."

THREATS

"Everyone is a threat. I'll be looking out for people like Krisztian Berki from Hungary. If I wobble, the door opens to about 15 other people. If I had a clean routine there would be a few other people that would be in my league. My calmness when it comes to a competition is my forte. I stay focused whereas others can get a bit too hyped."

LIFE AND LOVE

"Training for the Olympics is tough when you're young but you can't lose sight of what you're doing and why you're doing it. What I miss most is dating. I've been single for over a year and would like to find someone. But at the same time I wouldn't want a distraction during the Games."

TRAINING SCHEDULE

"I wake up around 10:30 a.m. and then train from 12:30 to 3.30 p.m. I have a rest, and then I'm back in the gym at 5:30 till about 8 p.m."

Up and Down

UP

APPLES

We've read just about enough of how great apples are for our health. But listen up: researchers from the University of Iowa found that a natural substance in apple peel appears to protect from the downsides of a high-fat diet, including obesity, pre-diabetes and fatty liver disease. The study, initially carried out on mice, is likely to confirm apples as one of the most effective and cheapest superfoods.

DOWN

SALT

Consuming too many salty, savory foods could be the reason why your blood pressure is spinning out of control. New research reported in the American Heart Association journal states that eating a diet high in salt for several years may damage blood vessels and in time, lead to hypertension or high blood pressure.

Eating your breakfast to avoid diabetes

Health. Starting your day off the right can mean living your life free of this rapidly growing disease

CELIA MILNE
life@metronews.ca

Eating breakfast helps keep you thin and diabetes-free.

A large U.S. study sought to find out whether breakfast consumption is protective against obesity, metabolic syndrome and type 2 diabetes. Results were dramatic.

"We found that those who reported eating breakfast daily had a 34 per cent decreased risk of developing type 2 diabetes over 18 years," says Andrew Odegaard, a research associate at the University of Minnesota school of public health.

Odegaard and colleagues from Minnesota, Chicago and Boston tracked 3,598 people for nearly 20 years, assessing their dietary habits, their weight, and their health.

Participants were young — between the ages of 18 and 30 — when the study started, and about 10 per cent of them developed type 2 diabetes.

Diabetes affects nearly one in three Canadians. ISTOCK

When scientists crunched the data, they found that those who ate breakfast most days of the week were better off than those who never or rarely ate breakfast.

And eating breakfast every day was best of all.

But why is that first meal of the day so good for you? Odegaard explains.

"The research to date on the subject suggests that 'break-ing the fast' in the morning has day-long effects on factors related to metabolism and appetite, which would affect the development of obesity, metabolic syndrome, and type 2 diabetes."

He warns that just because you eat breakfast doesn't mean you can pig out on junk food the rest of the day, and still remain thin.

"Breakfast may be important, but overall diet quality still needs to be emphasized." The study was presented at the 2012 American Diabetes Association Scientific Sessions.

Need to know

The bad news:

- **Statistics.** Diabetes affects nine million Canadians, and 90 per cent of those cases are type 2. The good news: people at risk for type 2 diabetes are able to reduce their risk by 58 per cent by exercising moderately for 30 minutes a day, according to the Canadian Diabetes Association.

Best Health

The real scoop on ice cream

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Should you choose ice cream, gelato, sorbet or frozen yogurt?

In our summer issue, on newsstands now, we compared frozen treats to give you a heads up on exactly what you're getting yourself into.

In a 3/4 cup serving size:

Chocolate-chocolate chunk extra-rich ice cream: 450 calories, 30 g fat (15 g saturated fat)

Maple frozen soy dessert: 195 calories, 7.5 g fat (6 g saturated fat)

Butterscotch ripple ice cream: 195 calories, 7.5 g fat (4.5 g saturated fat)

Black cherry frozen yogurt: 150 calories, 1.5 g fat (1 g saturated fat)

Orange sorbet: 135 calories, 0 g fat

Lemon gelato: 90 calories, 0 g fat

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Thoughts on...

Second chances

When we meet someone for the first time, we often create a defining image in our minds of who that person is. Sometimes when an initial interaction is particularly uncomfortable or challenging, we can decide to close our hearts to this new acquaintance entirely. But being too quick to judge can cause us to lose out on a potentially wonderful, enriching relationship.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE

Delicious flavours of a Cobb Salad all healthily wrapped up

This recipe serves eight and takes less than 30 minutes to make. ROSE REISMAN

ROSE REISMAN
for more, visit
rosereisman.com

A Cobb Salad traditionally has loads of chicken, blue cheese, bacon and heavy dressing. I've lightened up this classic and tossed it into a wrap.

1. Lightly coat a nonstick grill pan with vegetable spray and set over medium heat. Grill chicken 4 mins. each side or until no longer pink. Cool slightly, then slice thinly.

2. Combine tomatoes, red pepper, avocado, black beans, green onions and parsley in bowl. Add lemon juice, sour cream, olive oil, garlic, chili sauce, salt and pepper and mix.

3. Spread one-half of each of the tortillas with some of the mixture. Top with slices of chicken and the shredded cheese. Fold in 2 sides and roll up. Place the wraps in a clean grill pan and cook for 5 minutes, turning halfway, just enough to warm through. (Or heat in a 400 F oven for 5 minutes until warm.) Cut in half and serve.

Ingredients

- 8 oz skinless boneless chicken breasts (about 2)
- 1/2 cup diced plum tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 1/3 cup canned black beans, drained and rinsed
- 1/4 cup finely chopped green onions
- 1/4 cup chopped parsley
- 4 tsp lemon juice
- 1 tbsp low-fat sour cream
- 1 tbsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- pinch of salt and pepper
- 1/2 cup shredded aged light cheddar cheese
- 4 large whole wheat flour tortillas

Health Solutions

Three small, sneaky super boosters

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

At the speed of our lives, it is hard to get all of the nutrients you need. Everyone needs a few tricks up their sleeve to boost or better the food they choose.

In nutrition circles, "nutrient density" is the name of the game. It means that you should make every mouthful count by choosing unprocessed, fresh, raw vegetables and whole grains every single time. Who can do that?

Here is your cheat sheet of three foods that you can add to whatever you are eating and improve every bite.

Cocoa nibs

Tastes like:
Bitter, crunchy chocolate chips

Good for:
• High in antioxidants
• Contains potassium and magnesium (two nutrients often missing from processed food)

How to use:
Add to yogurt, baking, salads

Chia seeds

Tastes like:
No taste, texture only

Good for:
• Excellent fibre (soluble and insoluble)
• High in trace minerals

How to use:
Add to smoothies, salads, soups, baked goods, sprinkle on convenience foods

Hemp seeds

Tastes like:
Sunflower seeds

Good for:
• High in plant source protein
• Contains good fat GLA needed to make hormones

How to use:
Grind into a nut free "nut" spread and add to vegetarian dishes like lasagne, pasta.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Walnut Tabbouleh. Middle Eastern favourite gets an interesting spin

This recipe makes four to six servings. THE CANADIAN PRESS

Here is a new take on a popular Middle Eastern mezze staple. This tabbouleh recipe combines traditional flavours of parsley and mint with an eastern touch of soy and allspice. Replacing traditional veggies with toasted walnuts adds crunch.

1. Heat oven to 200 C (400 F).

2. Cut sweet potato into 1-cm (1/2-inch) cubes and toss with 15 ml (1 tbsp) walnut or olive oil. Spread evenly on a parchment-lined baking sheet and bake on the centre rack for 20 minutes until light golden brown. Let cool.

3. In a medium frying pan over high heat, combine pomegranate juice and allspice and bring to a boil. Simmer and reduce to 50 ml (1/4 cup) until lightly syrupy. Let cool.

4. In a large bowl, mix walnuts, quinoa, shallot, parsley, mint and soy sauce; add sweet potato and pomegranate juice. Season to taste with salt and pepper. Serve. THE CANADIAN PRESS/ WALNUTINFO.COM

Ingredients

- 1 small sweet potato
- 45 ml (3 tbsp) olive oil
- 250 ml (1 cup) pomegranate juice
- Pinch allspice
- 500 ml (2 cups) walnut pieces, toasted
- 500 ml (2 cups) quinoa, cooked and cooled
- 1 shallot, minced
- 500 ml (2 cups) parsley, finely chopped
- 75 ml (1/3 cup) mint, chopped
- 15 ml (1 tbsp) soy sauce
- Salt and pepper

Asparagus and quinoa team up in light salad

This recipe makes six to eight servings. THE CANADIAN PRESS

1. In a medium saucepan, bring quinoa and 500 ml (2 cups) water to a boil; reduce heat to low, cover and simmer for 15 minutes until most of the water is absorbed. Remove from heat, cover and let stand for 5 minutes. Place in a serving bowl; let cool.

2. Meanwhile, place asparagus, sweet pepper and onion on a rimmed baking sheet; brush with 15 ml (1 tbsp) of the oil. Place vegetables directly on greased grill over medium-high heat; close lid and grill, turning occasionally, until tender-crisp and lightly marked, 5 to 10 minutes, transferring back to baking sheet as they are done. Let cool slightly. Cut into bite-size pieces, stir into quinoa along with chickpeas and parsley.

3. In a small bowl, whisk together remaining oil, orange rind and juice, honey, vinegar, mustard, garlic, salt and pepper; pour over quinoa mixture and toss to coat. Serve at room temperature.

THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

- 250 ml (1 cup) quinoa, rinsed
- 500 g (1 lb) asparagus, trimmed
- 1 greenhouse sweet pepper, seeded and quartered
- 1 large onion, cut into 1-cm (1/2-inch) thick slices
- 30 ml (2 tbsp) vegetable oil
- 1 can (540 ml/19 oz) chickpeas, drained and rinsed
- 125 ml (1/2 cup) chopped parsley
- 5 ml (1 tsp) grated orange rind
- 50 ml (1/4 cup) orange juice
- 15 ml (1 tbsp) liquid honey
- 15 ml (1 tbsp) each red wine vinegar and Dijon mustard
- 1 small clove garlic, minced
- 1 ml (1/4 tsp) each salt and pepper

How to know if you really 'click'

Online dating. Is he a keeper? Is she crazy? Learn to read between the lines of a carefully constructed profile

SARA DIMERMAN
life@metronews.ca

I've found the perfect match. If Plenty of Fish were to search its databank to find the perfect partner, it would no doubt find true love with Facebook.

To illustrate why, I'll paint a picture of an online dater — in this scenario, a 20-something female in front of her computer screen conducting a search on one or more of her favourite Internet dating sites. She's searching by where he lives and his age. At least 50 profiles appear but she doesn't even bother reading them until she spots a look that appeals to her.

Then she reads his profile and if she's still interested, sends him a message. He writes back and after several days of back and forth messages, she moves in a little closer. At this point, she likely asks if he wants to Skype or if he has Facebook. Facebook, it turns out, is her screening tool. There's so much to learn from reading a potential lover's wall. If she's looking for a mature gentleman, she is totally turned off if he swears gratuitously or uses his wall to share half naked pictures of himself and his friends in a drunken stupor. On Facebook, she's able to read between the lines instead of just knowing him through polite online conversation.

So, here are some tips for anyone looking to meet a mate online:

Post a picture
Even though it may seem shallow to only respond to people who have posted pictures of themselves, it appears suspicious if you don't. People might wonder what you're trying to hide. Besides, when you're trying to meet someone through the Internet, visuals are key. Since beauty truly is in the eye of the beholder, there's opportunity for everyone to meet someone.

Don't drag your feet
If you're serious about meeting someone online, expect to move fairly quickly from that first stroke on the keyboard to meeting in person. If you're still in the chatting online phase after weeks of first connecting, it's likely that the person you're talking to may lose interest and move on.

Be prepared to share more than your name
Even before meeting, be prepared to move beyond chatting on your screen to chatting via Skype, for example, so that each of you can hear the others voice or see each other live. Also be prepared to share other information such as your Facebook page or other profiles.

Be courteous
If you decide, after knowing more about someone, that you'd prefer not to continue talking, don't just stop. Share that you feel that you're not a great match after all, wish him or her well, and then move on. Same idea for after a first date.

Reeling one in: There are plenty of fish in the online dating sea. ISTOCK

Have an escape plan
When you do meet, do so in a public place that you're familiar with. If you're a student, meet close to your university or college. If you're working or at home, meet at the coffee shop in your building or close by. That way, you know where to go or turn to if you feel vulnerable. Also, let a friend or family member know who you are meeting and where.

One dater shared that she had a friend contact her a half hour into each first meeting so that she had a way out if she wasn't comfortable or enjoying herself.

No escaping who you really are
One of the great things about social media, Facebook and the Internet is that your date can't hide from who he or she really is. Chances are that if you have a bad reputation or treat people poorly, your potential date will figure that out pretty quickly.

So, even if there are plenty of fish, if you're looking to catch a really good one, you may want to take a fresh look at what others are seeing, and think about whether you're attracting the kind of attention you had hoped for.

SARA DIMERMAN IS REGISTERED WITH THE COLLEGE OF PSYCHOLOGISTS OF ONTARIO AND PROVIDES COUNSELLING TO INDIVIDUALS, COUPLES AND FAMILIES. SHE IS THE AUTHOR OF THREE BOOKS, INCLUDING HOW CAN I BE YOUR LOVER WHEN I'M TOO BUSY BEING YOUR MOTHER: THE ANSWER TO BECOMING PARTNERS AGAIN. VISIT HER WEBSITE AT HELPMESARA.COM

Advice

Distance can bring clarity

Dear Sisters,
I've been in a rocky relationship for a couple of years now, and we're slowly making progress. Recently, my boyfriend was offered a job abroad and would only be here a few months out of the year. I'm supportive, but worried. With everything we've already been through, I'm not sure if our relationship can withstand the distance. Any advice? Rocky Road

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Andrea: Dear Rocky,

Are you comfortable with the progress you've made or is there still more to be done before you feel fully committed? Any "loose ends" need to be addressed before his departure so that you can enjoy the limited time you do share.

Separation can be a blessing in disguise: sometimes our fear of being apart is really just a fear of being alone. You could discover an entirely new you without the pitfalls of breakups or "breaks". The time and energy you'll get back may be used for creative endeavours you didn't know you were capable of.

Of course, it will also give you some clarity on where you two really stand. Even if that ends up spelling trouble for your relationship, would you rather be happy and apart or unhappy and together?

Claire: Dear Rocky,

Sometimes life gives you the exact roadblocks you didn't know you needed. You two are being forced to take a close look at how much this relationship means to you, and whether it has a future.

If he plans to go, it's because part of him doesn't mind leaving his life behind, you included. That doesn't mean he doesn't care about you, it's just where he is in the relationship.

Establish how often you will visit each other, whether you can have flirtations with others, and how long he will give this job to decide whether it's what he wants and also how long you can wait for him. That way you both have clear expectations, so you can both get on with your individual lives in a united way.

Don't expect five-star service from a diner

Good service can make eating out a joy. ISTOCK

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles the butler, I'm very frustrated when I go out to eat in public restaurants and the service staff are poorly trained and often either don't know what they are doing or don't care.

I feel that when I go out and spend my hard-earned money in a restaurant, that good service is part of the overall experience and the reason you go out to eat.

What do you think?

Signed, Desperate for good service

Dear Desperate for good service,

I fully understand your desire for good service! In fact excellent service makes such an impression, that restauranteurs who have figured this out often do much better with their bottom line than restaurants who either don't train their staff properly or pay poor attention to this important detail.

But I also think that there are different levels of service and that we should set our expectations accordingly.

I would expect to go to a fast food restaurant and experience pleasant, polite and efficient service but nothing else.

But I certainly expect a higher level of knowledge and service in a more expensive restaurant. For me poor service is the most annoying.

I am especially annoyed by a waiter who thinks it's necessary to be my best friend while at the table. I have no desire to be their buddy and I just want them to serve the meal properly and allow me to enjoy the company of those I am dining with!

Ready to hit the road? ISTOCK IMAGES

Get outta your dreams, get into your used car

Previously loved wheels. Buying a second-hand vehicle can make a lot of sense — just make sure you do your homework first

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

I'm a new car buyer and very faithful to my wheels. My family's last two cars, a Toyota Cressida and Tercel, lived to be 23 and 19 respectively. For me, buying new makes sense. My current vehicles, a 2007 Camry Hybrid, a wickedly wonderful lime-green, and a fire-engine-red 2011 Ford 150 Ecoboost will probably outlive me.

However, for many people, buying used is a better choice if for no other reason than cost.

If you're considering a previously loved vehicle turn to edmunds.com and its recently published annual guide to the best used cars. Not long ago the winners came from the usual suspects, Toyota, Honda and Nissan. Now other Asian manufacturers like Hyundai and even American makers are making the list.

Edmunds.com ranks the vehicles according to reliability, longevity, crash test results, value and availability. The latter is important but not often considered by buyers. The more cars you have to choose from the better deal you can make and the more options you will have.

Here are some of the major category winners for the years 2005 to 2010:

-Compact sedan: Hyundai Elantra
-Mid-size sedan: Nissan Altima
-Large sedan: Hyundai Azera
-Wagon: Pontiac Vibe
-Compact SUV\Crossover: Honda CR-V
-Minivan/Van: Honda Odyssey
-Compact Truck: Toyota Tacoma
-Hybrid: Toyota Prius

You can find all the category results with notes about the models at edmunds.com/car-reviews/best-used-cars.html.

Don't forget that while a used car might be cheaper than a new one, financing charges are often higher. If you have little or no down payment then you could easily have higher monthly payments buying used.

Zero interest new car purchases are rarer than they were at the height of the recession, but financing charges on new cars are often two to four per cent less than on a used vehicle if you purchase through a dealer.

New to you

- **Second-hand vehicles in demand.** 65 per cent of all cars sold in Canada are used.

Alison's money rule

"Used cars can be better than new with a big down payment and a little research."

The best strategy when buying used is to aim for at least 25 per cent down, finance with a personal or home equity line of credit and set the payments to discharge the debt in less than four years.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

When it comes to money, track it or lose it, baby

FUN AND FRUGAL
Lesley Scorgie
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Twitter: @Lesleyscorgie

According to H&R Block and Canada Revenue Agency last week, most Canadians filed their taxes by April 30 and now have their refunds, which averaged $1,600. Many will use it to save or pay off debt while others will blow it on fun and frivolous items or upcoming summer holidays.

Do you have a plan for your tax return? Have you written it down on Post-it notes, a spreadsheet, built a budget, or made mental notes?

Through Mint.com, tracking your money, including tax refunds, is about to get way easier; no more wading through piles of statements or sorting through overly complex budgeting templates.

After a quick five minute sign-up process, Mint.com securely pulls all your financial accounts, from multiple institutions, into one place. Using their proprietary software, your financial information is categorized into understandable buckets of data like savings, investments, mortgages, bills and more.

These categories can be analyzed and summarized so that you know what your total financial situation looks like at any given time; including your net worth.

Mint.com also makes budgeting a synch. It automatically calculates your average spending in any category which allows users to create a realistic budget that is based on historical spending.

Once your budget is established, you can set goals to reduce unnecessary spending and support your larger financial plans for retirement, family, career and education. The investment tracking piece of the website allows you to compare how your portfolio is performing relative to various benchmarks. Mint.com also offers free tips to help build your bottom line.

If there looks to be something suspicious happening in your account or if you're dangerously close to blowing your budget in a particular category, you'll be notified. You can set up customized notifications such as bill due date reminders or credit availability. These alerts allow you to avoid fees and protect your credit score.

One of my favourite parts about Mint.com is the summary of fees within your various accounts; ATM, account, brokerage, and investment fees. Fees can gobble up hundreds of dollars throughout the year and Mint.com can help you identify and reduce them.

If you're scared to fork over so much personal information, rest easy. I, too, was a sceptic. But, I'm now convinced that Mint.com's security sys-

Websites and apps can help you know what happens to those 'lost' dollars and cents. ISTOCK IMAGES

Take the reins

"Tracking your financial progress and having financial goals is powerful and financially lucrative."

tem is as good as any major bank. Plus, it's essentially a "read-only" service so no one can move money in or out of your accounts.

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4

SPORTS

Rugby

Busy year for Canada in Rugby sevens

A year away from the Rugby World Cup Sevens 2013 in Moscow and Canadian sevens boss Geraint John's datebook is already full. The Canadian men will gather next week in Victoria, ahead of an Aug. 10-12 selection camp in the B.C. capital and the North America/Caribbean qualifying tournament Aug. 25-26 in Ottawa. The region will send two teams to the 24-country men's half of the world sevens championship, with Canada and the U.S. favoured to go through. Canada and the Americans will also both be full participants in the expanded 10-team IRB World Series starting in the fall as world rugby starts the road to Olympic participation in 2016.

THE CANADIAN PRESS

Mobile news

Twitter says its users fired off more than 15,000 tweets per second when Spain scored its fourth goal in Sunday's Euro 2012 final. Such records are constantly being set as fans increasingly use social media to connect during major sporting events. Scan the code for the story.

Parise and Suter put signings on hold

NHL. Prized free agents play waiting game while Brodeur stays put in New Jersey

Zach Parise needed more than 24 hours to choose which hockey team to make happy.

"I'm getting closer but haven't made a decision," Parise told reporters Monday in Mississauga, according to The Canadian Press. "I haven't set any deadlines."

New Jersey is hoping to keep Parise, who became a free agent Sunday when he didn't re-sign with the Devils. Pittsburgh, Detroit, Minnesota and Nashville are among the teams trying to lure him away from the only team he has played for in his NHL career.

The 27-year-old forward and 27-year-old defenceman Ryan Suter were the top players to hit the market. Suter, who also has played for only one team, the Nashville Predators, wanted more than a day to pick a place to play as well.

American muscle

Parise, who is from Minnesota, and Suter, a native of Wisconsin, helped the U.S. win silver at the 2010 Olympics.

New Jersey did make a splash Monday morning, however, signing Martin Brodeur to a new two-year contract.

After testing free agency for the first time in his career, Brodeur, 40, earned a pact worth $9 million US. More than likely, the goaltender will finish his career with the Devils.

The NHL's all-time leader in wins and shutouts, Brodeur has led the Devils to three Stanley Cups and two other finals, including a loss to the Los Angeles Kings in six games this past season.

Meanwhile, the Montreal Canadiens locked up goaltender Carey Price for the next six years.

Price played 65 games for the Canadiens last season. The two-time all-star posted a 26-28-11 record with a 2.43 goals-against average, a .916 save percentage and four shutouts.

THE ASSOCIATED PRESS/
THE CANADIAN PRESS

Tour de France rolls through Belgium

The peloton rides through the countryside in Vise, Belgium, on Monday during stage two of the 2012 Tour de France. Mark Cavendish led a bunch-sprint finish Monday to win the stage, while Fabian Cancellara retained the yellow jersey after the mostly flat ride. Victoria's Ryder Hesjedal finished 49th in the stage and remained 10th overall, 18 seconds behind Cancellara. DOUG PENSINGER/GETTY IMAGES

Euro 2012. Spain sets sights on 'best ever' claim

Spain has taken its place among soccer's all-time great sides by becoming the first team to defend its European Championship after winning the World Cup. The task, now, is to be remembered as the greatest.

The team will now look ahead to the 2014 World Cup in Brazil to retain its title from two years ago in South Africa. If the Spaniards can do that, it will be virtually impossible to deny them the moniker of best team ever.

"The bar has been set very high," midfielder Xavi Hernandez said. "The expectations are high. Now everyone will expect us to always triumph, and it's better that way. Before it was more difficult."

Xavi Hernandez GETTY IMAGES

THE ASSOCIATED PRESS

NHL

Torres ban cut by four games

Seventy-six days after Raffi Torres concussed Marian Hossa and 46 days after he appealed the 25-game suspension that followed, the Phoenix Coyotes forward was awarded a reduced sentence.

NHL commissioner Gary Bettman deemed Torres' hit to be worth four less games than disciplinarian Brendan Shanahan after an appeal.

Torres already served 13 games of the suspension during the playoffs. He still has to sit out the coming pre-season as well as eight regular-season games.

THE CANADIAN PRESS

Olympics. No repeat of 8 gold medals for Phelps

There won't be a Beijing repeat in London. Michael Phelps has dropped one of his eight Olympic races. Phelps' coach, Bob Bowman, announced Monday on the final day of the U.S. swimming trials that Phelps was scratching the 200-metre freestyle, leaving him with seven events at the London Games.

The decision removes the chance of Phelps matching the record eight gold medals he won in Beijing.

"It's so much smarter for me to do that," Phelps told The Associated Press. "We're not trying to recreate what happened in Beijing. It just makes sense."

Bowman said his main concern was Phelps being fresh for the 400 freestyle relay. While the U.S. has traditionally dominated that event, the Australians are favoured for London. THE ASSOCIATED PRESS

Qualification

5

Phelps qualified in five individual events for London and is expected to swim all three relays. On Bowman's recommendation, he decided to focus on the 200 and 400 individual medley and the 100 and 200 butterfly.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	48	30	.615	—
Baltimore	42	36	.538	6
Boston	42	37	.532	6½
Tampa Bay	41	38	.519	7½
Toronto	40	39	.506	8½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	42	37	.532	—
Cleveland	40	38	.513	1½
Detroit	39	40	.494	3
Kansas City	35	42	.455	6
Minnesota	33	45	.423	8½

WEST DIVISION

	W	L	Pct	GB
Texas	50	30	.625	—
Los Angeles	44	35	.557	5½
Oakland	38	42	.475	12
Seattle	34	47	.420	16½

Monday's results
L.A. Angels at Cleveland
Minnesota at Detroit
Kansas City at Toronto
N.Y. Yankees at Tampa Bay
Boston at Oakland
Baltimore at Seattle
Sunday's results
L.A. Angels 10 Toronto 6
Boston 2 Seattle 1 (10 innings)
Cleveland 6 Baltimore 2
Detroit 5 Tampa Bay 3
Minnesota 10 Kansas City 8
N.Y. Yankees 4 Chicago White Sox 2
Oakland 3 Texas 1
Saturday's results
Toronto 11 L.A. Angels 2
Cleveland 11 Baltimore 5
Detroit 6, Tampa Bay 2
Minnesota 7-5 Kansas City 2-1
N.Y. Yankees 4 Chicago White Sox 0
Seattle 3 Boston 2 (11 innings)
Texas 7 Oakland 2
Tuesday's games — All Times Eastern
L.A. Angels (Haren 6-7) at Cleveland (McAllister 2-1), 7:05 p.m.
Minnesota (Blackburn 4-5) at Detroit (Scherzer 7-5), 7:05 p.m.
Kansas City (Mazzaro 3-2) at Toronto (Cecil 1-1), 7:07 p.m.
N.Y. Yankees (Nova 9-2) at Tampa Bay (Shields 7-5), 7:10 p.m.
Texas (Oswalt 2-0) at Chicago White Sox (Sale 9-2), 8:10 p.m.
Boston (Lester 5-5) at Oakland (Undecided), 10:05 p.m.
Baltimore (W.Chen 7-4) at Seattle (F.Hernandez 6-5), 10:10 p.m.
Wednesday's games
N.Y. Yankees at Tampa Bay, 3:10 p.m.
Boston at Oakland, 4:05 p.m.
L.A. Angels at Cleveland, 4:05 p.m.
Baltimore at Seattle, 4:10 p.m.
Minnesota at Detroit, 7:05 p.m.
Kansas City at Toronto, 7:07 p.m.
Texas at Chicago White Sox, 7:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	45	32	.584	—
New York	43	37	.538	3½
Atlanta	41	37	.526	4½
Miami	38	40	.487	7½
Philadelphia	36	45	.444	11

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	43	35	.551	—
Pittsburgh	42	36	.538	1
St. Louis	41	38	.519	2½
Milwaukee	36	42	.462	7
Houston	32	47	.405	11½
Chicago	29	49	.372	14

WEST DIVISION

	W	L	Pct	GB
San Francisco	45	35	.563	—
Los Angeles	44	36	.550	1
Arizona	39	39	.500	5
Colorado	30	48	.385	14
San Diego	30	50	.375	15

Monday's results
Houston at Pittsburgh
Chicago Cubs at Atlanta
Miami at Milwaukee
Colorado at St. Louis
San Diego at Arizona
Cincinnati at L.A. Dodgers
Sunday's results
Chicago Cubs 3 Houston 0
L.A. Dodgers 8 N.Y. Mets 3
Miami 5 Philadelphia 2
Milwaukee 2 Arizona 1
San Diego 2 Colorado 0
San Francisco 4 Cincinnati 3
St. Louis 5 Pittsburgh 4
Washington 8 Atlanta 4
Saturday's results
Atlanta 7 Washington 5
Chicago Cubs 3 Houston 2
Cincinnati 2 San Francisco 1
Miami 3 Philadelphia 2
Milwaukee 10 Arizona 2
N.Y. Mets 5 L.A. Dodgers 0
Pittsburgh 7 St. Louis 3
San Diego 8 Colorado 4
Tuesday's Games — All Times Eastern
Miami (A.Sanchez 4-6) at Milwaukee (Estrada 0-3), 4:10 p.m.
San Francisco (Lincecum 3-8) at Washington (Zimmermann 4-6), 6:35 p.m.
Houston (Harrell 7-6) at Pittsburgh (Burnett 9-2), 7:05 p.m.
Chicago Cubs (Volstad 0-6) at Atlanta (Jurrjens 1-2), 7:10 p.m.
Philadelphia (Worley 4-4) at N.Y. Mets (Niese 6-3), 7:10 p.m.
Colorado (Francis 1-1) at St. Louis (J.Kelly 1-0), 8:15 p.m.
San Diego (Cashner 3-3) at Arizona (Bauer 0-0), 9:40 p.m.
Cincinnati (Cueto 9-4) at L.A. Dodgers (Capuano 9-3), 10:10 p.m.
Wednesday's games
San Francisco at Washington, 11:05 a.m.
Philadelphia at N.Y. Mets, 1:10 p.m.
Houston at Pittsburgh, 1:35 p.m.
Miami at Milwaukee, 4:10 p.m.
Chicago Cubs at Atlanta, 7:10 p.m.
Colorado at St. Louis, 7:15 p.m.
Cincinnati at L.A. Dodgers, 9:10 p.m.
San Diego at Arizona, 9:40 p.m.

BASKETBALL

WOMEN'S OLYMPIC QUALIFYING

At Ankara, Turkey
Sunday's result
(winner earns final berth for London)
Canada 71 Japan 63
Saturday's results
Semifinals
Canada 58 Argentina 41
Japan 79 South Korea 51

AUTO RACING

NASCAR SPRINT CUP

Through June 30
1. Matt Kenseth, 633 points; 2. Dale Earnhardt Jr., 622; 3. Jimmie Johnson, 610; 4. Greg Biffle, 608; 5. (tie), Denny Hamlin and Kevin Harvick, 565; 7. Clint Bowyer, 557; 8. Martin Truex Jr., 556; 9. Tony Stewart, 545; 10. Brad Keselowski, 537.

GOLF

PGA FEDEXCUP STANDINGS

Through July 1
(all figures in U.S. dollars)

	Points—Money YTD
1. Tiger Woods	1,952—$4,220,398
2. Jason Dufner	1,849—$4,077,013
3. Hunter Mahan	1,654—$3,582,212
4. Bubba Watson	1,617—$3,732,778
5. Matt Kuchar	1,423—$3,325,352
6. Zach Johnson	1,420—$3,084,941
7. Rory McIlroy	1,372—$3,164,700
8. Phil Mickelson	1,313—$2,857,371
9. Webb Simpson	1,298—$2,771,722
10. Carl Pettersson	1,258—$2,459,113
11. Rickie Fowler	1,197—$2,731,569
12. Justin Rose	1,169—$2,636,250
13. Johnson Wagner	1,142—$2,107,868
14. Luke Donald	1,070—$2,299,506
15. Kyle Stanley	1,038—$2,093,946
16. John Huh	1,034—$2,211,080
17. Jim Furyk	965—$1,970,840
18. Bo Van Pelt	964—$2,128,122
19. Mark Wilson	940—$1,953,639
20. Marc Leishman	936—$1,772,307
21. Dustin Johnson	923—$1,836,152
22. Bill Haas	922—$1,887,862
23. Ben Curtis	920—$2,185,924
24. Keegan Bradley	915—$1,764,635
25. Steve Stricker	911—$1,862,017
26. Martin Laird	910—$2,028,834
27. Brandt Snedeker	888—$1,757,814
28. Robert Garrigus	818—$1,585,776
29. Graeme McDowell	812—$1,827,484
30. Ernie Els	802—$1,644,658
31. Ben Crane	793—$1,567,148
32. Kevin Na	779—$1,690,805
33. Charlie Wi	727—$1,284,669
34. John Rollins	719—$1,420,187
35. Ryan Palmer	697—$1,277,512
36. Spencer Levin	695—$1,240,911
37. Lee Westwood	690—$1,692,789
38. Louis Oosthuizen	690—$1,549,652
39. Brian Davis	673—$1,193,320
40. D.A. Points	662—$1,345,313
41. Brendon de Jonge	659—$1,053,675
42. Jonathan Byrd	655—$1,486,315
43. Matt Every	641—$1,365,897
44. Michael Thompson	628—$1,215,966
45. Cameron Tringale	628—$1,132,218
46. Charley Hoffman	625—$1,191,112
47. Charles Howell III	623—$909,613
48. Ken Duke	622—$1,170,420
49. Seung-Yul Noh	616—$1,087,229
50. John Senden	604—$1,089,172
51. George McNeill	591—$1,047,202
52. Sean O'Hair	564—$847,387
53. Sang-Moon Bae	562—$1,058,285
54. Kevin Stadler	561—$1,035,276
55. Rory Sabbatini	553—$1,052,450
56. Adam Scott	546—$1,180,899
57. Jeff Overton	541—$903,970
58. Nick Watney	538—$997,507
59. Padraig Harrington	538—$1,150,762
60. Aaron Baddeley	535—$1,015,289
61. Ryan Moore	530—$962,724
62. Greg Owen	529—$918,163
63. Bud Cauley	526—$802,904
64. David Toms	524—$1,071,928
65. Jimmy Walker	522—$911,133
66. Greg Chalmers	516—$679,322
67. Pat Perez	514—$839,667
68. Dicky Pride	503—$1,088,363
69. Bryce Molder	494—$784,495
70. Scott Piercy	485—$852,965
71. John Mallinger	473—$766,490
72. Chris Stroud	469—$856,236
73. Harris English	467—$845,236
74. Jonas Blixt	455—$873,798
75. John Merrick	454—$758,273
76. Vijay Singh	447—$670,333
77. Geoff Ogilvy	445—$744,108
78. Ian Poulter	443—$914,708
79. J.B. Holmes	441—$791,455
80. Fredrik Jacobson	434—$833,431
81. Tom Gillis	432—$726,804
82. Daniel Summerhays	431—$765,625
83. K.J. Choi	423—$682,445
84. Robert Allenby	415—$759,557
85. Andres Romero	411—$732,063
86. James Driscoll	408—$649,588
87. Bob Estes	406—$697,013
88. Blake Adams	401—$642,545
89. Martin Flores	398—$589,211
90. Sergio Garcia	396—$801,316
Also	
103. David Hearn	**350—$585,355**
110. Graham DeLaet	**323—$554,670**
164. Stephen Ames	**142—$183,236**

CYCLING

TOUR DE FRANCE

At Seraing, Belgium
Leading results Monday from the second stage of the Tour de France, a 207.5-kilometre ride from Vise to Tournai with one easy climb midway:
1. Mark Cavendish, Britain, Sky Procycling, four hours, 56 minutes, 59 seconds; 2. Andre Greipel, Germany, Lotto Belisol, same time; 3. Matthew Harley Goss, Australia, Orica GreenEdge, same time; 4. Tom Veelers, Netherlands, Argos-Shimano, same time; 5. Alessandro Petacchi, Italy, Lampre-ISD, same time; 6. Peter Sagan, Slovakia, Liquigas-Cannondale, same time; 7. Yauheni Hutarovich, Belarus, FDJ-Big Mat, same time; 8. Juan Jose Haedo, Argentina, Team Saxo Bank-Tinkoff Bank, same time; 9. Mark Renshaw, Australia, Rabobank, same time; 10. Tyler Farrar, U.S., Garmin-Sharp-Barracuda, same time.
11. Jose Joaquin Rojas, Spain, Movistar, same time; 12. Sebastien Hinault, France, France, AG2R La Mondiale, same time; 13. Peter Velits, Slovakia, Omega Pharma-Quick-Step, same time; 14. Kenny Robert van Hummel, Netherlands, Vacansoleil-DCM, same time; 15. Yukiya Arashiro, Japan, Team Europcar, same time; 16. Oscar Freire, Spain, Katusha, same time; 17. Borut Bozic, Slovenia, Astana, same time; 18. Bernhard Eisel, Austria, Sky Procycling, same time; 19. Edvald Boasson Hagen, Norway, Sky Procycling, same time; 20. Koen de Kort, Netherlands, Argos-Shimano, same time.
Also
48. Ryder Hesjedal, Victoria, Garmin-Sharp-Barracuda, same time.
OVERALL STANDINGS
(after second stage)
1. Fabian Cancellara, Switzerland, RadioShack-Nissan, 10 hours, two minutes, 31 seconds; 2. Bradley Wiggins, Britain, Sky Procycling, 0:07 behind; 3. Sylvain Chavanel, France, Omega Pharma-QuickStep, same time; 4. Tejay Van Garderen, U.S., BMC Racing, 0:10; 5. Edvald Boasoon Hagen, Norway, Sky Procycling, 0:11; 6. Denis Menchov, Russia, Katusha, 0:13; 7. Philippe Gilbert, Belgium, BMC Racing, same time; 8. Cadel Evans, Australia, BMC Racing, 0:17; 9. Vincenzo Nibali, Italy, Liquigas-Cannondale, 0:18; **10. Ryder Hesjedal, Victoria, Garmin-Sharp-Barracuda, same time.**
11. Andreas Kloeden, Germany, RadioShack-Nissan, 0:19; 12. Bauke Mollema, Netherlands, Rabobank, 0:21; 13. Maxime Monfort, Belgium, RadioShack-Nissan, 0:22; 14. Janez Brajkovic, Slovenia, Astana, same time; 15. Christian Vande Velde, U.S., Garmin-Sharp-Barracuda, same time; 16. Rein Taaramae, Estonia, Cofidis, same time; 17. Jean-Christophe Fraperaud, AG2R La Mondiale, 0:23; 18. Marco Marcato, Italy, Vacansoleil-DCM, same time; 19. Vladimir Gusev, Russia, Katusha, 0:24; 20. Haimar Zubeldia, Spain, RadioShack-Nissan, same time.
TUESDAY'S STAGE:
Third stage — 197.0 kilometres starting in Orchies and ends in Boulogne-sur-Mer.

TENNIS

WIMBLEDON

At London
Monday's results
MEN
Singles — Fourth Round
Novak Djokovic (1), Serbia, def. Viktor Troicki, Serbia, 6-3, 6-1, 6-3.
Roger Federer (3), Switzerland, def. Xavier Malisse, Belgium, 7-6 (1), 6-1, 4-6, 6-3.
Mikhail Youzhny (26), Russia, def. Denis Istomin, Uzbekistan, 6-3, 5-7, 6-4, 6-7 (5), 7-5.
Andy Murray (4), Britain, leads Marin Cilic (16), Croatia, 7-5, 3-1 (40-0) (susp., rain).
Mardy Fish (10), U.S., leads Jo-Wilfried Tsonga (5), France, 6-4, 1-1 (40-40) (susp., rain).
Florian Mayer (31), Germany, leads Richard Gasquet (18), France, 6-3, 2-1 (15-15) (susp., rain).
Doubles — Second Round
Jurgen Melzer, Austria, and Philipp Petzschner (10), Germany, def. Yen-hsun Lu, Taiwan, and Alexander Waske, Germany, 6-3, 6-4, 6-7 (6), 6-2.
Third Round
Daniele Bracciali, Italy, and Julian Knowle, Austria, def. Juan Ignacio Chela and Eduardo Schwank, Argentina, 7-5, 7-5, 6-1.
James Cerretani, U.S., and Edouard Roger-Vasselin, France, def. David Marrero, Spain, and Andreas Seppi, Italy, 6-4, 6-4, 3-6, 6-7 (10), 6-4.
Jonathan Marray, Britain, and Frederik Nielsen, Denmark, lead Aisam-ul-Haq Qureshi, Pakistan, and Jean-Julien Rojer (8), Netherlands, 7-6 (5), 7-6 (4), 4-3 (susp., rain).
Ivan Dodig, Croatia, and Marcelo Melo (15), Brazil, lead Leander Paes, India, and Radek Stepanek (4), Czech Rep., 4-6, 6-3, 4-3 (30-0) (susp., rain).
WOMEN
Singles — Fourth Round
Sabine Lisicki (15), Germany, def. Maria Sharapova (1), Russia, 6-4, 6-3.
Victoria Azarenka (2), Belarus, def. Ana Ivanovic (14), Serbia, 6-1, 6-0.
Agnieszka Radwanska (3), Poland, def. Camila Giorgi, Italy, 6-2, 6-3.
Petra Kvitova (4), Czech Rep., def. Francesca Schiavone (24), Italy, 4-6, 7-5, 6-1.
Serena Williams (6), U.S., def. Yaroslava Shvedova, Kazakhstan, 6-1, 2-6, 7-5.
Angelique Kerber (8), Germany, def. Kim Clijsters, Belgium, 6-1, 6-1.
Maria Kirilenko (17), Russia, def. Peng Shuai (30), China, 6-1, 6-7 (6), 6-3.
Tamira Paszek, Austria, def. Roberta Vinci (21), Italy, 6-2, 6-2.
Doubles — Third Round
Liezel Huber and Lisa Raymond (1), U.S., def. Anna-Lena Groenefeld, Germany, and Petra Martic, Croatia, 7-6 (3), 5-7, 6-4.
Marina Erakovic, New Zealand, and Tamarine Tanasugarn, Thailand, lead Ekaterina Makarova and Elena Vesnina (5), Russia, 3-2 (susp., rain).
Olga Govortsova, Belarus, and Mandy Minella, Luxembourg, vs. Nuria Llagostera Vives and Maria Jose Martinez Sanchez (9), Spain, 6-6 (5-5) (susp., rain).
MIXED DOUBLES
First Round
Colin Fleming, Britain, and Hsieh Su-wei, Taiwan, def. Andre Sa, Brazil, and Anastasia Rodionova, Australia, 4-6, 6-3, 6-4.
JUNIORS
Girls
Singles — First Round
Taylor Townsend (1), U.S., def. Maria Constanza Vega, Argentina, 6-2, 6-1.
Katerina Siniakova (6), Czech Rep., def. Storm Sanders, Australia, 6-2, 4-6, 6-3.
Donna Vekic (8), Croatia, def. Christina Makarova, U.S., 6-3, 6-4.
Alexandra Kiick (13), U.S., def. **Carol Zhao, Richmond Hill, Ont.**, 4-6, 6-4, 6-2.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	1	0	1	0	16	33	0
Hamilton	1	0	1	0	16	43	0
Toronto	1	0	1	0	15	19	0
Montreal	1	0	1	0	10	38	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	1	1	0	0	43	16	2
Calgary	1	1	0	0	38	10	2
B.C.	1	1	0	0	33	16	2
Edmonton	1	1	0	0	19	15	2

WEEK ONE
Sunday's result
Calgary 38 Montreal 10
Saturday's result
Edmonton 19 Toronto 15
Friday's results
B.C. 33 Winnipeg 16
Saskatchewan 43 Hamilton 16
WEEK TWO
All Times Eastern
Friday's games
Winnipeg at Montreal, 7 p.m.
Hamilton at B.C., 10 p.m.
Saturday, July 7
Calgary at Toronto, 3 p.m.
Sunday, July 8
Edmonton at Saskatchewan, 7 p.m.

SOCCER

EURO 2012

Sunday's result

CHAMPIONSHIP

Sunday's game
At Kiev, Ukraine
Spain 4 Italy 0

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
D.C. United	18	10	5	3	34	22	33
New York	17	9	4	4	32	25	31
Kansas City	16	9	5	2	20	16	29
Chicago	16	8	5	3	21	19	27
Columbus	15	6	5	4	16	15	22
Houston	16	6	5	5	22	24	22
New England	16	5	7	4	22	22	19
Montreal	18	5	10	3	24	32	18
Philadelphia	14	3	9	2	13	17	11
Toronto	15	2	10	3	17	29	9

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	17	11	3	3	35	22	36
Real Salt Lake	18	10	6	2	28	21	32
Vancouver	16	7	4	5	18	19	26
Seattle	17	7	5	5	21	18	26
Colorado	16	7	8	1	24	21	22
Los Angeles	17	6	9	2	25	27	20
Chivas USA	16	5	7	4	11	18	19
Portland	16	4	7	5	14	17	16
Dallas	17	3	9	5	16	26	14

Note: Three points for a win, one for a tie.
Saturday's results
New York 1 Toronto 1
D.C. United 3 Montreal 0
Seattle 2 New England 2
Columbus 2 Real Salt Lake 0
Houston 2 Philadelphia 1
Colorado 3 Portland 0
San Jose 4 Los Angeles 3
Tuesday's games — All Times Eastern
Chicago at Houston, 8:30 p.m.
San Jose at Portland, 10:30 p.m.
Wednesday's games
Kansas City at Montreal, 7 p.m.
Toronto at Dallas, 9 p.m.
Vancouver at Colorado, 9:30 p.m.
Seattle at Real Salt Lake, 10 p.m.
Philadelphia at Los Angeles, 10:30 p.m.

LOOKING TO MAKE A CAREER CHANGE?
Read metro work every Monday & Wednesday.

Sharapova's Wimbledon bid thwarted

Wimbledon. 'Manic Monday' sees Federer, Williams advance

All at once, there was a frenzy of activity at a wet and windy All England Club early Monday afternoon.

Top-seed and 2004 Wimbledon champion Maria Sharapova was overpowered in a 6-4, 6-3 loss to No. 15 Sabine Lisicki. Four-time title winner Serena Williams was locked in a three-set tussle against a wild-card entry from Kazakhstan who is ranked 65th but is responsible for the only perfect set in women's professional tennis. Defending champion Petra Kvitova was trying to come back after dropping her opening set.

And over on Centre Court, there was the not-so-insignificant matter of 16-time Grand Slam champion Roger Federer's medical timeout to get treatment for his aching back.

The start of Week 2 at Wimbledon has been dubbed "Manic Monday," because it's the only major tournament that has all 16 fourth-round singles matches on one day.

The most newsworthy result was the abrupt end of

Defeat

"Nothing is easy. Certainly not a Wimbledon title."
Maria Sharapova

Sharapova's bid to become the first woman since Williams in 2002 to win the French Open and Wimbledon in the same year. Less than a month after completing a career Grand Slam in Paris to return to No. 1, Sharapova bowed out against someone she had beaten the three other times they met. She will be replaced atop the rankings next week.

Federer, seeking a seventh trophy at the grass-court Grand Slam, beat Xavier Malisse 7-6 (1), 6-1, 4-6, 6-3 to reach a 33rd consecutive major quarterfinal, adding to his record. After the seventh game, Federer got help from a trainer for his back though his play didn't appear to suffer much, other than slower-than-usual serves. On the other hand, Federer capped the match with a 122-mph ace.

The only other man assured a spot in Wednesday's quarterfinals is No. 1 Novak Djokovic.

The women's quarterfinals are set for Tuesday: Williams vs. Kvitova and Lisicki vs. Angelique Kerber. THE ASSOCIATED PRESS

Sabine Lisicki of Germany reacts after beating Maria Sharapova of Russia during a fourth-round match at Wimbledon, Monday. SANG TAN/THE ASSOCIATED PRESS

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Medical/Dental

Miscellaneous

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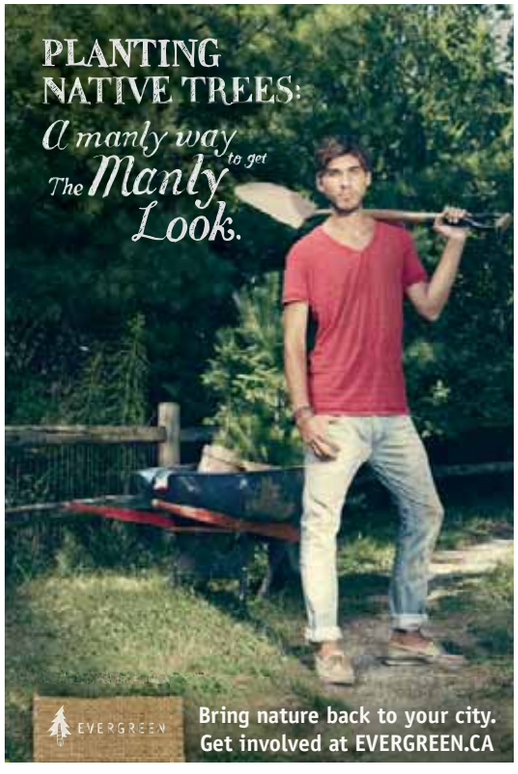
Miscellaneous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(613)276-7145

BEDROOM SET (Wood)
2 night tables, headboard and 2 dressers. Good condition. Asking $250.00 OBO
613-824-9909

Electrical Massage Seat Portable
Used only twice.
$150
(613)233-9601 Call after 6pm

MEN'S BIKE
CCM Ice 26 inch
$35.00
613-733-2289

Queen Size Bed with headboard & footboard Rails and Mattress included
$150 OBO
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•Mens and womens shoes (new)- $25/each
•Juicer - $45 •Ladies Leather Jacket $300 (new) •and much more 613-722-6699

2 Night Tables
$20 each OBO
(613)421-3514

Bell Collection - 140 procelain, 50 crystal, 15 antique glass, 2 numbered roses with papers. 30 brass bells. $500 obo
Call (613)722-2681

Inglis Dryer
White in color
$100.00 Good working order
(613)878-5859

• Motormaster air compressor. Like New. $75
• Round 48" wood dining table w/4 chairs $175 obo • Wood bistro kitchen set - $175
(613)851-9730

RCA Color TV 27 inch
Good condition
$100.00
(613)233-9601 Call after 6pm

Sunbeam Breadmaker
Almost new $60
Call (613) 560-5985

3 life jackets - $10 for all three
Bike rack for vehicle - $15
Call (613)737-1158 in the early evenings

Bird cage with stand
$15
613-828-7248

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(613)878-5859

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Mazda 303 radiator fairly new $40
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Day Care Furniture for sale
Please call
819-351-5260

LARGE PRINT READERS DIGEST
$10.00
(613)565-2974

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Call (613)523-0623

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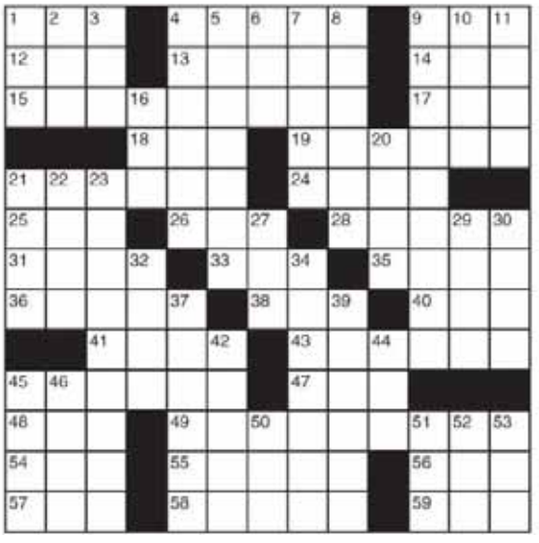
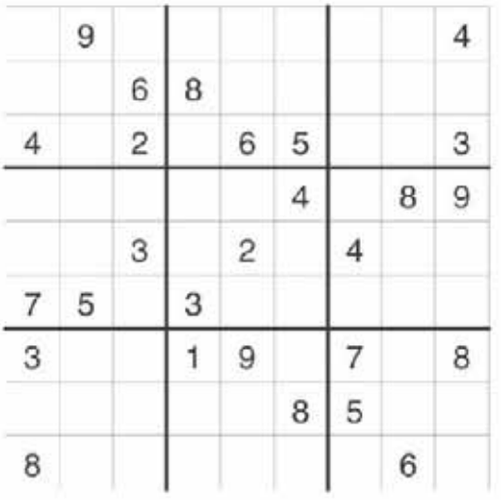
Across
1 Take the prize
4 Conversations
9 Gear tooth
12 Hubbub
13 Embankment
14 Mine matter
15 Obese
17 Hastened
18 Choice (Abbr.)
19 Fastener shot from a gun
21 On top of the world?
24 Ticklish Muppet
25 Bill and —
26 Kvetch
28 Bizarre
31 Throw hard
33 Pitch
35 Red-tag event
36 Washington Nationals, once
38 Jewel
40 Aviv preceder
41 Curved molding
43 Antics
45 Seoul man?
47 Call-day link
48 Lawyers' org.
49 Blood cell
54 Up to
55 Yellow-brown color
56 Plead
57 41-Across' shape
58 "— Line Is It Anyway?"
59 Droop

Down
1 Servicewoman
2 "— not choose to run"
3 Neither partner
4 Tip off
5 Witch
6 St.
7 Nervous
8 Make a compromise
9 Related to big business
10 Verbal
11 Kelly or Hackman
16 Calif. winter hrs.
20 Iowa city
21 Liniment target
22 Sauce thickener
23 Sarges' subordinates
27 Joke
29 Robert of "The Sopranos"
30 Morays
32 Theater box
34 Cookbook collection
37 Dugong
39 Ripen
42 Tennyson's "— Arden"
44 Faux —
45 Shakespeare's shrew
46 Kimono sashes
50 Pi follower
51 Couric's network
52 Meadow
53 Early bird?





How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	7	2	4	8	9	5	3	1
1	5	9	7	3	2	8	6	4
8	4	3	1	5	6	7	9	2
2	8	1	5	4	3	6	7	9
7	3	5	9	6	1	4	2	8
4	9	6	2	7	8	3	1	5
3	1	8	6	9	4	2	5	7
9	6	7	8	2	5	1	4	3
5	2	4	3	1	7	9	8	6

Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SNKV ZEAK JYKGEQKVP FFYCV IKAFXK NHVLYD, DCH XELNP GHJJCGK NEG MFZCYEPK MCCQ SFG F IHYY-EPC.

Yesterday's Cryptoquip: WHEN PEOPLE HAVE TO TRIM DOWN A FEW ENVELOPES, COULD THEY USE A PAIR OF MAIL CLIPPERS?

Today's Cryptoquip Clue: F equals A

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 30°/19° Mainly sunny
Wednesday 30°/18° Thundershowers 60%
Know what the weather will be 14 days from now.
Check the 14 day trend
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Horoscope

Aries | March 21 - April 20. You need to be more emotionally open with those you live, work and do business with, but not so open that you reveal all your secrets.

Taurus | April 21 - May 21. The amount of time and effort that has gone into your attempts to change a habit could have been used for more productive ends.

Gemini | May 22 - June 20. Mars, planet of ego and energy, moves into the most dynamic area of your chart today and soon you will be feeling on top of the world again — which is where you belong.

Cancer | June 21 - July 22. Today's cosmic activity urges you to put negative thoughts behind you and believe that your life is everything it could be and more. Positive thinking is a powerful force.

Leo | July 23 - Aug. 22. The next few days will be extremely busy for you, especially socially where you will be in demand like never before.

Virgo | Aug. 23 - Sept. 22. As Mars moves out of your birth sign today your confidence may dip a little, but it's no big deal. Focus on what you own and are earning.

Libra | Sept. 23 - Oct. 22. Mars, the planet that makes things happen, joins Saturn, the planet that stops things from happening, in your birth sign today. But that's OK. You'll find ways to make the combo work.

Scorpio | Oct. 23 - Nov. 21. Some kind of hidden knowledge is about to be revealed to you and if you use it wisely, your existence may well be transformed. There is more to life than meets the eye. Use your inner eye to see with today.

Sagittarius | Nov. 22 - Dec. 21. Group activities will be a lot of fun today and if you play your cards right you will impress some important people too.

Capricorn | Dec. 22 - Jan 20. New opportunities in your work or career are about to arrive. How you use them is up to you but use them you must. It's a chance to move up.

Aquarius | Jan. 21 - Feb 18. The past few weeks have been tough but with Mars moving in your favour, better times are about to begin. If you get the chance to travel, take it.

Pisces | Feb. 19 - March 20. Don't let minor setbacks worry you because overall your prospects are amazingly good. Where joint business issues are concerned you must be more willing to take a risk.

SALLY BROMPTON

Caption Contest

"Rare ... well done .... and cordon bleu?"
David
THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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12 FOCUS TITANIUM SE
LOADED, A/C, AUTO • 33975km
st:33561 • **$17,980** • bw:$153***

07 MAZDA CX-7 AWD
LOADED, A/C, AUTO • 77008km
st:34100 • **$14,670** • bw:$161*

10 MAZDA 3
LOADED, A/C, AUTO • 50876km
st:33096-A • **$14,380** • bw:$122***

07 VOLVO S40
LOADED, A/C, AUTO • 87224km
st:33215 • **$15,960** • bw:$175*

07 TUCSON GLS
LOADED, A/C, AUTO • 91780km
st:34027 • **$8,970** • bw:$99*

10 HONDA INSIGHT HYBRID
LOADED, A/C, AUTO • 53737km
st:31958-A • **$17,800** • bw:$151***

11 IMPALA LS
LOADED, A/C • 51554km
st:33008 • **$14,850** • bw:$126***

08 NISSAN VERSA
LOADED, A/C • 98329km
st:33927 • **$7,940** • bw:$87*

11 TOWN COUNTRY
STOW-N-GO, NAV, LOADED • 21776km
st:33931 • **$28,850** • bw:$230***

07 SORENTO LX 4X4
LOADED, A/C, AUTO • 109074km
st:32813-A • **$10,850** • bw:$119**

08 ACURA TL
LOADED, A/C, ROOF, LTHR • 86737km
st:33977 • **$18,670** • bw:$205*

07 LEGACY AWD
LOADED, A/C, ROOF, AUTO • 79319km
st:28575 • **$15,950** • bw:$175*

08 PONTIAC VIBE
A/C, STD • 86574km
st:33272 • **$9,640** • bw:$105*

10 CHRYSLER 300 TOURING
LOADED, A/C • 37776km
st:32861 • **$16,750** • bw:$142***

08 KIA RONDO EX
LOADED, A/C, AUTO • 87121km
st:33324 • **$9,970** • bw:$109*

08 BMW 128i COUPE
LOADED, A/C, ROOF, LTHR • 78474km
st:33071 • **$21,870** • bw:$229*

07 NISSAN QUEST
LOADED, A/C, AUTO • 95995km
st:32409 • **$13,650** • bw:$150*

08 HONDA ACCORD
LOADED, A/C, AUTO • 107112km
st:32664-A • **$13,750** • bw:$151*

08 MAZDA B4000 SE V6 4X4
LOADED, A/C, AUTO • 94501km
st:33823 • **$14,950** • bw:$164*

09 NISSAN ROGUE
LOADED, A/C, AUTO • 60968km
st:32613-A • **$16,950** • bw:$161**

08 PONTIAC TORRENT
LOADED, A/C, AUTO • 75537km
st:33159 • **$13,380** • bw:$147*

07 SANTA FE
LOADED, A/C, AUTO • 81806km
st:33289 • **$13,870** • bw:$152*

08 CHEVROLET MALIBU LT
LOADED, A/C • 31996km
st:33873 • **$12,390** • bw:$136*

08 MAZDA TRIBUTE
LOADED, A/C • 72450km
st:33919 • **$10,670** • bw:$117*

07 FORD EDGE SEL AWD
LOADED, A/C, LTHR, AUTO • 95433km
st:32926-A • **$17,850** • bw:$196*

07 CADILLAC CTS
LOADED, A/C, LTHR • 64065km
st:33383 • **$16,930** • bw:$186*

08 BMW X3 AWD
LOADED, A/C, ROOF, LTHR • 51156km
st:33285 • **$29,650** • bw:$310*

08 SAAB 9-3 2.0T
LOADED, ROOF, LTHR, AUTO • 90901km
st:33488 • **$13,980** • bw:$153*

10 TOYOTA COROLLA CE
LOADED, A/C, AUTO • 65320km
st:32948 • **$12,950** • bw:$110***

08 FORD FUSION SE
LOADED, A/C, AUTO • 78001km
st:33400 • **$11,950** • bw:$131*

09 AVEO LS
A/C, AUTO • 66333km
st:31053-A • **$8,820** • bw:$84**

08 FORD ESCAPE XLT
LOADED, A/C, AUTO • 93583km
st:33089 • **$13,650** • bw:$150*

09 FORESTER AWD
LOADED, A/C, AUTO • 113766km
st:33820 • **$14,860** • bw:$141**

11 SCION XD
LOADED, A/C, AUTO • 26280km
st:33854 • **$16,970** • bw:$144***

11 FORD FIESTA SE
LOADED, A/C, AUTO • 50713km
st:33517 • **$13,980** • bw:$118***

10 SUZUKI SX4 LE
LOADED, A/C, AUTO • 60387km
st:32750 • **$11,970** • bw:$101***

11 HYUNDAI SONATA
LOADED, A/C, MAGS, AUTO • 56556km
st:32771 • **$17,950** • bw:$152***

10 EQUINOX LS AWD
LOADED, A/C, AUTO • 63009km
st:33050 • **$18,850** • bw:$160***

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10 Sebring Touring
- CONVERTIBLE, Loaded, A/C
- st: 33209
- km: 17028

$22,850
$182*** Bi-weekly

10 Mustang
- CONVERTIBLE, Loaded, Lthr
- st: 33737
- km: 37399

$24,890
$198*** Bi-weekly

07 PT-Cruiser Coupe
- CONVERTIBLE, Loaded, A/C
- st: 33497
- km: 85621

$11,650
$128* Bi-weekly

09 Audi A4 Quattro
- CONVERTIBLE, AWD, Loaded, Lthr
- st: 33874
- km: 23268

$38,850
$350** Bi-weekly

06 New Beetle
- CONVERTIBLE, Loaded, A/C
- st: 33914
- km: 65487

$12,650
$139* Bi-weekly

11 Chrysler 200
- CONVERTIBLE, Loaded, A/C
- st: 33757
- km: 14903

$24,620
$196*** Bi-weekly

11 SUZUKI KIZASHI
LOADED, A/C, AUTO • 34328km
st:33619 • **$16,970** • bw:$144***

12 FIAT 500 SPORT
LOADED, A/C, ROOF, LTHR • 16994km
st:34028 • **$18,970** • bw:$161***

07 VOLKSWAGEN GOLF
AUTO • 84893km
st:32513 • **$9,960** • bw:$109*

11 LANCER SPORTBACK
LOADED, A/C • 20170km
st:34002 • **$16,950** • bw:$144***

07 MAZDA 6 SPORT
LOADED, A/C, AUTO • 52699km
st:34111 • **$11,810** • bw:$130*

10 DODGE CHARGER
LOADED, A/C, AUTO • 63881km
st:12190-A • **$14,650** • bw:$125***

08 CHEVROLET COBALT LS
AUTO • 54483km
st:33740 • **$8,350** • bw:$91*

11 DODGE CALIBER SXT
LOADED, A/C, AUTO • 18847km
st:34004 • **$14,350** • bw:$122***

09 TOYOTA VENZA AWD
LOADED, A/C, AUTO • 22487km
st:31787 • **$24,850** • bw:$224**

07 CHEVROLET OPTRA
STD • 92295km
st:12138-A • **$5,670** • bw:$62*

08 INFINITI EX35 AWD
LOADED, A/C, ROOF, LTHR • 105315km
st:33822 • **$21,880** • bw:$229*

07 VOLKSWAGEN JETTA CITY
LOADED, A/C, AUTO • 64761km
st:32266 • **$10,950** • bw:$120*

08 JEEP COMPASS SPORT
STD • 68815km
st:32457 • **$10,650** • bw:$117*

07 BENZ B200 TURBO
LOADED, A/C, AUTO • 45602km
st:32643 • **$18,870** • bw:$207*

06 NISSAN X-TRAIL XE
LOADED, A/C, AUTO • 73849km
st:31654 • **$10,950** • bw:$117*

08 HYUNDAI ELANTRA GL
STD • 34056km
st:33047 • **$8,450** • bw:$92*

11 SMART FORTWO
LOADED, PANORAMIC ROOF • 23464km
st:33682 • **$13,670** • bw:$116***

07 HYUNDAI ACCENT GLS
STD • 102442km
st:33670-A • **$5,950** • bw:$65*

08 NISSAN ALTIMA 2.5S
LOADED, A/C, AUTO • 91878km
st:33906 • **$11,970** • bw:$111**

10 SENTRA XTRONIC CVT
LOADED, A/C, AUTO • 81934km
st:33941 • **$11,670** • bw:$99***

08 DODGE NITRO R/T 4WD
LOADED, A/C • 111226km
st:12090-A • **$13,650** • bw:$150*

07 TRAILBLAZER 4WD
LOADED, A/C, ROOF • 79210km
st:33199 • **$14,870** • bw:$163*

11 DODGE AVENGER SXT
LOADED, A/C, ROOF, AUTO • 24624km
st:33540 • **$16,850** • bw:$143***

11 HONDA CR-Z HYBRID
LOADED, A/C, AUTO • 10017km
st:33651-A • **$19,460** • bw:$165***

08 VOLKSWAGEN RABBIT
LOADED, A/C, ROOF, AUTO • 113053km
st:34011 • **$9,960** • bw:$109*

09 TOYOTA MATRIX
LOADED, A/C • 68124km
st:33622 • **$12,960** • bw:$123**

08 ACURA CSX
LOADED, A/C, LTHR, ROOF • 81716km
st:33762 • **$14,970** • bw:$164*

08 MINI COOPER CLUBMAN
LOADED, LTHR, ROOF • 70545km
st:33687 • **$18,650** • bw:$205*

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